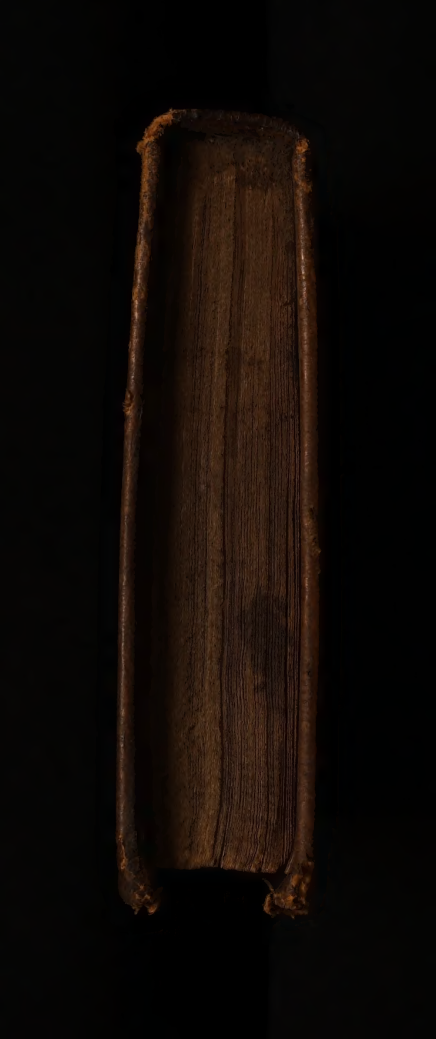
ANATOMIE
OF THE
BIDER



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Anatomia Sambuci:

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OR, THE

ANATOMIE

OF THE

ELDER.

Cutting out of it,

Plain, Approved, and Specifick Remedies for most and chiefest Maladies;

Confirmed and cleared

By Reason, Experience, and History.

Collected in Latine,

By Dr. *MARTIN BLOCHWICH*,

Physician-Ordinary of *Oshatin*.

Translated for the benefit of all, and Recommended by the *Royal Society*.

Nullum numen abest, si sit prudentia.

LONDON,

Printed for *Tho. Sawbridge*, and to be sold by *H. Brome* at the *Gun* at the West End of St. *Pauls*, 1670.

παντάχῃ τὴν ἀλήθειαν

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THe Ornaments of Nature are so many and marvelous, that they not only submit the mind of man in a devote honor to that being that preserveth this variety, in so sweet a consort; but force also our thoughts to pursue the inquest of the several ties and dependencies of this beautiful proportion, that at last we may come to the knowledge of things in their causes and connexion. This Pythagoras *most properly termed Philosophy. And indeed Nature hath not been in this, neither in any other of her works, empty: but hath bestowed on us largely, all means fit for the accomplishment of our wishes. Amongst which, Experience and Reason deservedly challenge precedency: Experience, being beholding to Chance and Imitation, is pleased to impart her Observations to Reason; who not*

being discourteous, doth assist her with her own Principles; and so mustereth in the fields of Learning, Noble Squadrons of Conclusions, against their common enemy, Ignorance.

This is vigorously illustrated by the Relation of famous Galen; *A Viper by chance being stifled in Wine, and a leprous person drinking it, was cured. A Philosopher hearing it, used the same means, and was rid of the same Malady. Chance in the one, and Imitation in the other, asserted the experience: Which Reason now in others makes plausible use of.*

From this Base is the Noble Frame of Medicine raised to so great a magnificence: For the Ancients, being by event or advice delivered from their sickness, hung up votive Tables in the Chappels of their Gods, drawn with the Lineaments of their Disease and Remedy. Out of these approved, yet scattered Records, did the divine Hippocrates *gather those Theorems, which all Posterity adore and embrace as the highest Master piece of this skill.*

And our Author seems in this his Treatise of the Elder, to tread the foot-steps of that more than mortal old man: For here, as in a curious Landskip, he hath clearly and methodically represented to your view, the Experiments and Vertues of this humble Shrub;

whether

whether by chance discovered to the Commons, or by improvement to the rational. In whose ragged Cote are contained, I dare aver, rarer and safer Medicines, than the rob'd Indies enrich us with; and though they seem but homely, and the Products of Peasants; yet are more safe and effectual for our bodies and diseases, than the most renowned Exoticks: For Nature, with a plentiful Horn, hath provided each Climate proper Medicines.

This being considered by the ingenious, it will not only inforce upon them a grateful remembrance of the Author for collecting, but of the Translator also for imparting his Experiments to us in our Mother Tongue.

For my own part, though I might put in for my share, if not of Thanks, yet of Acceptance, for this Bill of Revival, if I may so term it, which brings you at present a new sight of that Translation, which, with many other things of great value, seem'd lately buried in the rubbish of our Cities Ruines, I shall content my self with performance of a work conducing to the Service of my Countrymen; and hope that this second appearance of so useful a Piece will be no less acceptable to them, than the first. I am sure it cannot be less useful, if the frequent and urgent enquiries with which the Book was demanded, when

out of Print, deceive me not. But without peradventure, the great Experience which hath lately justified the Vertues of the Elder Tree (such, I dare say, as hath far exceeded the knowledge of Elder Times) will make for me with them that know, as many do, that from its Berries is drawn a Spirit of such use and request in some parts of the Land, that not only Shops, but Private Houses also, are thought ill furnished without it. I will not therefore by a tedious Preface detain you any longer from the benefit of this excellent Discourse, of which it is not the least commendation, that it can sufficiently commend it self.

Novem. 1.
1669.

THE

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Mundus regitur opinionibus.

The

THE ANATOMIE, OF THE *ELDER, or BOOR-TREE.*

SECT. I.

Of the Name, Kinds, Form, Place, and Quality of the ELDER-TREE.

SEeing the Elder is a Tree most known even to the rudest of the Commons, it seems a matter not worth the pains to describe it in many words; Nevertheless, lest in this respect our Treatise should seem lame, some things are to be prefaced out of the ancient and Modern Botanicks.

I. *The Name.*

'Tis called by *Dioscorides*, and other *Greeks*, ἀκτὴ, becauſe it is a lover of brinks, and ſhadowy banks, as is thought by *Pena* and *Lobel*, in their *Adverſ.* of Plants, *p.* 434. which name *Theophraſtus Paracelſus* hath retain'd, in whoſe, and the modern Chymiſt-writing, you will find frequent mention of *Granorum Actes*, and of Medicines prepared of them.

'Tis called of the *Latins*, *Sambucus*, or by others, chiefly of *Q. Serenus*, as witneſſeth *Hugh Frida*, *Val. l.* 2. *de tuend. ſan. c.* 26. *Sabucus*, from the likeneſs the muſical Inſtrument, called Sabuc, or Sambuck, hath with its hollow and pith-emptied rods; *Pena* and *Lob.* in the place before cited whence till this day, tis called by the *Spaniards*, *Sabuco* or *Sabugo*; by the *Germans*, *Holunder*, or by contraction, *Holder*, albeit there be ſome which imagin tis from the many vertues thereof

thereof, called *Holder*, as it were deduced from *Hulder*, or *Huldreich*; but in this we will not contend with any. The *Italian* names it *Sambuco*, the *French*, *Susier*, *Suyn*, and *Suseau*; the *Bohemians*, *Bez*; the *English*, the *Elder-tree*; the *Scots*, *Boor-tree*, or *Bore-tree*; the Low-*Dutch*, *Ulier*. See *Tabernoemontanus Herbal*, *part.* 3. *sect.* 1. *c.* 62.

II. *The Kinds.*

Matthiolus and other, speak of four kinds thereof: The Domestick, the Mountain, the Water-Elder, and the Little Elder, or Danwort; whereof the first and last are most commended in Medicine by Physitians, who herein follow *Dioscord. viz.* the Elder-tree, properly so called, and the *Ebulus* called the less, Dwarf, or low-Elder. But because both these kinds, as we will hear anon out of *Dioscorides*, differ little, or not at all, one from the other in vertue, I will describe here the Domestick, or Elder-tree, properly so called,

by which you may easily judge what is to be thought of the *Ebulus*.

III. *The Form.*

The Elder-Tree, in figure is like the Ash, sendeth forth long, small, reed-like branches, covered with an outward bark of an ash-colour; the next rine to it is green, and that is yellow and succulent which next clotheth the wood; within which is contained a white and fungous pith; the leaves are like those of the Walnut-tree, but less, growing by intervals, by threes, fours, yea if you look to both the sides of the branch, by fives, and sevens incompassing it together; of an heavy smell, lightly cut in edges. In the tops of the branches and twigs, there springeth sweet and crisped umbels, swelling with white, sweet smelling flowers (in *June* before St *Iohns* Eve) which by their fall, give place to a many-branched Grape, first green, then ruddy, lastly of a black, dark purple-colour, succulent

culent and tumid with its winish liquor. Of all the wild plants, tis first covered with leaves and last uncloathed of them. We omit other descriptions, this being full.

IV. *The Place.*

The place of its nativity is every where, and scarce can you find any place where any other tree or shrub enmantle themselves in their green garments which the bountifull enricher of Nature hath envyed this treeling. But it most delighteth in hedges, orchards, and other shadowy places, or on the moist brinks of rivolets and ditches, unto which places tis thrust by the Gardeners, lest by its luxury and importunate encrease, whereby yearly it doth spread and enlarge it self, it should possess the place of more honourable, as they conceive, and of more pretious Plants.

V. *The Qualities and Vertues.*

The Qualities in general are described by *Galen, lib. 6. simpl. Medic. facul. f. acte.* That it hath the force of desiccating, conglutinating, and digesting moderately; which, word for word is repeated by the *Galenick* Physitian, *Paulus* of *Ægian, lib.* 7. *Medic.* c. 3.

Dioscorides (who as *Galen* witnesseth, hath of all others written most accuratly, most truely, and most learnedly of Plants) did long agoe in more proper colours limn them in his fourth Book, and 175 *Chapter* of the *Matter of Medicine*. These are his words:

The faculty and use of both (he meaneth the Elder and Ebulus) is the same in exiccating, and drawing water from the belly: They are indeed troublesom to the stomack, nevertheless their leaves being boyled as pot-hearbs, will purge, bile, and pituite: Their tender stalks being boyled in pot

pot or pan, effect the same. The root being boyled in wine, and given in meat, helpeth the hydroped; yea it helpeth those that are bitten of a Viper, drunk after the same manner. Being boyl'd with water for bathing, it softneth and openeth the *vulva*, and corrects what enormities are thereabouts. The berries thereof drunk with Wine, work the same effect. Anointed on the hair, they make them black. The recent and tender leaves mitigate inflammations, being with polent anointed thereon. Their anointing helps burning, and the bitings of mad-dogs. They conglutinate profound and fustulous ulcers, and helps the guttish, being together with the fat of a Bull, or hee-Goat anointed.

These vertues so nobilitat the Elder, that if after ages had not found out any, yet they are enough to commend it to us. But as in all other things (as *Seneca* witnesseth, *Quest. Natur. l. 7. c. 31.*) Nature doth not at once discover her mysteries, neither are her se-

crets promiscously laid open to all, being withdrawn, and shut in her inmost Cabinets, out of which, some in this age, some in another, is received and unfolded. Even so here, one day hath taught another. And the latter Physitians with more intent thoughts, falling into the contemplation both of other herbs, and of the Elder, they have tryed it in many affections to be most wholsom; so that not undeservedly they esteem it a *Panacæa*, or all-heal: For what is given to others apart, experience proves together to be in the Elder. That I may say nothing of its wondrous and hid operations in expugning Epilepsies, Plague, Erysipelassis, and other maligne affections, which shall be spoken of afterwards: It hath a wonderfull force in purging out of the body all hurtfull, bilous, pituitous, and especially serous humours, from which bud such troops of sicknesses, as is to be seen in that famous and learned Treatise of the ingenious *Piso De seroſa Colluvie*. Besides

besides tis Anodyne, and by rarifying the skin, and digesting the humors and vapours, it lulleth the pain, it provokes urine, sweat, expelleth the stone, provoketh the stopt flowers, and doth other rarities, according to the parts and preparation thereof. That not without cause, what the more sober and learned Chymists have attributed to their manifold Medicinal *Mercury*, *Antimony*, *Vitriol*, we may admit, admire, and acknowledge in our Elder, though I willingly confess with some difference; yea we are more to admire this, seeing what is got in that Triad of Minerals, is got with such sweat and pains, by those indefatigable searchers of the many works and windings of Nature; but we attain our desire in this, with light, and little labour.

Sect. 2.

Of the Receits of Medicaments drawn out of the Elder.

BEfore we come to the Diſeaſes cured by the Elder, tis worth our labour firſt to explain the Medicaments which out of each part thereof, ought, and can be prepared, leſt in divers affections the ſame with a great deal of loathing and labour be repeated, we will here ſet down the more curious and common, beginning with the Berries, as the beſt and laſt product of that Simple.

Cap. I.

Of the Medicaments from the Berries.

1. *Of the Rob, Tincture, Extract, or Essence.*

TAke the ripe Berries of the Elder picked from their ſtalks, preſs the juice out of them, which being ſtrained, is to be thickned on a ſoft and clear fire. Some in time of their inſpiſſating add a little ſugar, that the pallat may reliſh it the better; and this is called the Rob of Elder-berries with ſugar. Of the Rob, or inſpiſſat juice of the Berries without ſugar, the Tincture and extract is prepared after this manner.

Take a pound of this Rob, put it in a long and capacious Glaſs, called by the Chymiſts, a Cucurbite, put thereon the ſpirit of Wine, or the proper ſpirits of the Elder, deſcribed in this

Chap-

Chapter, so that it be a handfull high above it. The Glass being well closed, that the spirit may not exhale; digest it in Balneo four or five daies, shaking the Glass twice a day: After that, strain the whole matter contained in the Cucurbit, through gray paper. Take the strained liquor (which is obscurely reddish, and is called of some, the Tincture of the Elder or *Granorum actes*, and may be kept without further distillation to good purpose) put it in a Glass Cucurbit, and having put on the Alymbick, distill it on a slow Balnean heat, till the Menstruum, or that spirit, drop by drop separate, and the extract of the berries remain in the bottom like hony. If the *Menstruum* be not totally extracted, that which remains in the Cucurbit, is called by the modern Chimists, the liquid extract of *Granorum Actes*. You shall find another extract taken out of *Quercetan* in the third Section, and 26 Chapter.

II. *Wines*

II. *WINES.*

Take the Elder Berries cleaned of their ſtalks, beat them in a ſtone mortar, or earthen veſſel with a wood-peſtle till all the Kernels be well bruiſed; with this ſucculent matter, fill the 8, 10, or 12 part of a little barrel, as you will have it of more or leſs efficacy, fill up the reſt with Muſt, or new Wine, that they may work together.

Some boyle equal parts of this ſucculent matter and Muſt together, till the conſumption of a third part of the whole, on a ſlow fire; then ſtraining it through a thin linnen cloth, they put it (as is ſaid) in a greater quantity, into a Barrel, put Muſt thereon, and ſo ſuffer them to work.

Quercetans receit thereof is ſet down in *ſect. 3. cap. 24.*

This is an excellent way.

R. *Of Elder Berries well dried in an Oven, lib.* j.

Cinnamon, the ſtrongeſt and ſharpeſt, unc. 2.

Caryophill. Aromatic. ounc. 1. *and an half.*

Being all grosly pulverised, sew them loosly in a knot; put them in a vessel that holds twelve English quarts, or thereabouts, fill up the rest with the best and most fragrant white-Wine, and place it a fortnight or above, in a Wine-Cellar; which is to be used in time of repast, for tis an excellent stomachical drink, most delicious in colour, taste, and smell.

III. *The Spirit and Water.*

Take the ripe berries, express the juice, at least break them together, and let them stand in a wood vessel till they begin to ferment; and that they may work the sooner, some add a little of the yiest of beer or wine: som ad none, but keep the same proces *D. Finck.* keeps in the extracting of the Spirit of black sweet Cherries, *Enchiridii, c.6.* After the fermentation, let them be distilled in a *Vesica*, and rectified ac-

The

The rectification is best accomplish-ed first in a *Vesica*, and then in *Balneo*; where in place of a Cucurbit, use a long-necked Viol, then the most spiritous part will be abstracted, the phlegm beating again the sides of the Viol, will again fall down.

Others prepare it thus;

Take the ripe berries of the Elder dryed in the weak heat of an oven, being pulverised grosly with a third part of Barly meal with them; being well mixed, put them in an Oken Barrel, and put boyling water on them, in which some hops have been before macerated; stop the Vessel close, and suffer them to ferment some four or five daies: To hasten the fermentation and digestion, add some dreggs of Wine or Beer (as we have said before) distill and rectifie it.

But the first way is preferred deservedly by most, as more simple and pure. The Purging water, as it is extracted by *Quercetan* and others, out of the berries, is set down *sect.* 3. *c.* 24.

IV. *The Syrup and Tragea.*

The Syrup is thus prepared: Take of the juice extracted from the new-gathered ripe berries, and clarified, *lib.* 1. *s.* Sugar clarified, *lib.* 1. boyl it a little on a ſoft fire in a double Veſſel, or in *Bal. Mar.* to the conſiſtency of a liquid Syrup.

You ſhall find the *Tragea Granorum Actes*, or the *Tragea* of the Bore-tree-berries ſet down in the 22 *cap.* of the third *ſect.*

V. *Oyle drawn out of the Stones or Kernels.*

Take the grains, or ſtones of theſe berries left in the cloth after the juice is ſtrained from them, waſh them well, and dry them in the aire, bedew them with odoriferous white-Wine, and then in a pres ſtrongly ſqueeze out the oyle of them, as you do out of the ſeeds of the flaxes or line, rocked Pop-

py

py, or Henbane, and such like; that being purified by residency, keep it for your use in a glass; for tis an excellent Vomitive, and a good Balsom in externals.

The Dose to take it inwardly, is a drachme, or a drachme and a half in hot ale, or some other convenient liquor.

This Oyle may be more hematick and Cathartick, if instead of the Wine, the Kernels be bedewed with Maligo, wherein *Crocus metallorum* hath been infused, and then expressed out of them; which in the same dose will be much more effectual.

Cap.

Cap. II.

Of the Medicines made of the Flower of the Elder.

1. CONSERVES.

TAke the fresh flowers, pull ther in little pieces, and to each ounc of them, add two ounces of the whi est Sugar, incorporate them well tog ther in a Marble Morter with a wooc den pestle: Expose it afterward in Glass, or earthen Vessel to the Sun fc some daies; it being thus prepared reserve it for your use.

II. *The* SYRUP *and* HONEY.

Take of the recent Flowers *lib.* 1 let them macerate 12 hours in *lib.* 6. warm fountain-water; having expre sed and strained the liquor, put in aga recent flowers, yea do it the third tim Add four ounces of the whitest Sug

to each five ounces of the liquor that is last strained, boyle them up to a Syrup according to art.

But if in place of the Sugar you add the same quantity of Honey, and boyle it to a fitting consistence you have *Mel Sambucinum*, which is commended by some.

III. *The* WATER *and* SPIRITS.

There is sundry waies of distilling Waters from Herbs and Flowers set down by *Wecker*, *Eu onymus*, *Quercetan*, and others, this is the easiest.

Take as many of the Flowers of the Elder as you list, put a sufficient quantity of warm-water thereon, let them macerate a night, and then distill them *per Vesicam*.

That which distilleth first, is excellent, the next is worse, beware then thou urge them not too much; powre the water on fresh flowers, distil them the second time; yea reiterate it the third time; so you shall have water fit for

for the uſes ſet down afterward in the practice; for that which is extant in the Apothecaries ſhops, is nothing but meer phlegm, not worthy the name of diſtilled water. No wonder then the ſick ſo ſeldom find the wiſhed and expected fruits thereof. If from a part of this water in a long necked Viol, in a ſoft Balnean heat, you extract the more ſpirituous part, in quantity about the twelfth part thereof, you will have a moſt fragrant and penetrating Spirit.

Or prepare the Spirit as *Quercetan* hath ſet down in *lib.* 1: *Pharm. Dogm. reſtitut, cap.* 7. and *D. Sennertus* way, *Inſt. Med. lib.* 5. *part.* 3. *ſect.* 3. *cap.* 5. is not much different.

The Cake which remains in the Veſica after the diſtillation of the water, called of the Chimiſts, *Caput Mortuum*, is not to be thrown away, but to be reſerved for the uſes ſet down in the Practice.

IV. The

IV. *The* VINEGAR *and* OXIMELL.

Pour upon the freſh, or half-withered flowres of the Elder, the Vinegar of white Wine; let them ſtand in a cloſe-ſtopped glaſs Veſſel in the ſun, or ſome other hot place, that the Vinegar more exactly may draw out the vertue of the flowres, let the flowres remain in the Vinegar, til it have drawn out fully all the vertue from them, which you may eaſily know by its fragrant ſmell, and golden colour. After ſtrain the Vinegar, and reſerve it for your uſe.

An excellent and red Vinigar may be prepared of the flowres and juice of the branches, which is frequent in *France*, as *Lobell* and *Pena* witneſs in their *Adverſ. ſtirpium nov. p.* 434.

Take inſtead of the juice of the branches, the berries of the Elder dryed in the ſlow heat of an Oven or Furnace; and upon them put the Vinegar of the flowres, well purified

purified by straining and subsidency; which being impregnant with the shining transparent purple, I pour it off, and put on new still, so long as they are able to give it a purple tincture. The sowre Syrup of the Elder is described *sect.3.c.19.*

The *Oximell* of the Elder which *Quercetan* in *Pharm. Dogm. restit.lib.* 1.*c.* 10. mentioneth, is thus prepared,

Take of Honey scummed well lib.1.
Of Elder-*Vinegar* lib. 5.
Of Simple-water, or water of Elder *Flowres* lib. 1.

Being mixt, put them in a Cucurbit, and let them be boyled in Balneo to a fit consistence. You may use here the simple Vinegar, either of the flowres, or that which is by the infusion of the berries of a purple die, as it shall please the phancy of the Physitian or his Patient.

V. *WINE.*

Take of the Umbels of the Elder dryed

ryed in the ſhadow, as much as you will; which being pulled in little pieces, put them in a knot of fine thin linnen, with ſome little clean white ſtones (to make the knot ſink) throw it into a veſſel full of Muſt; let the Wine work. Some bids take a pound of the flowres, rightly dried and picked off their ſtalks, to 60 Congions or 70 Gallons of Wine, and promiſe after the working of the Wine, it ſhall be of an excellent Muſcadel taſte and ſmell.

Mark, that whatſoever Apples or fruits are covered and wrapped in the flowres of the Elder-Tree, ſhall acquire a taſte and ſmell much like Muſcadel pears.

VI. *The* OYLE.

1. Take as much as you will of the freſh flowres beaten, put them in a Veſſel of glaſs, pour on them a ſufficient quantity of clear ſallet-Oyle, macerat them in the ſun, or ſome other hot

hot place for 15 daies; then decoct it in a double vessel; strain the flowres, cast them away; put in fresh ones; proceed as you did before, reiterate your practice the third time, and having strained it, keep it in a convenient vessel.

Mark, that those gross dregs of the flowres, and of all other things that are macerate in Oyle, and strained from it, is called of the Physitians, *Stymma*, which take notice of now, that you may remember it when tis mentioned hereafter.

2. The following Oyle of the flowres is commended of many.

Take a Cucurbite or Glass of middle capacity; fill a third part thereof with Elder flowres gathered in a clear pure day; put so much Malvatick Wine thereon, that the third part at least of the glass may remain empty; having stopped the mouth well, expose it to the sun a fortnight: then putting the whole matter in a glasspot on a slow fire of Charcole, heat it a little;

little; then ſtrain it with great force into another clean veſſel, above which within a little while you ſhall ſee a yellowiſh Oyle to ſwim, which by a funnel or ſeparatory, you are to ſeparate from the reſt of the liquor according to art.

The liquor that remaineth, will ſerve for the maceration of freſh flowres, which you are to reiterate ſometimes, and in divers veſſels, ſeeing at one time you will get but little Oyle.

3. The Oyle is prepared by diſtillation, after the manner *Sennert*. and others prepare the Oyle of Roman-Cammamile-flowres, and of other ſweet ſmelling flowres, thus, Take the flowres of the Elder dryed betwixt two linen cloaths in the aire, being pulled in little pieces, put them in an earthen veſſel, or large Cucurbite; to every pound of flowres add an ounce and half of commn ſalt, and having a ſpan high covered them with warm water, leave them in digeſtion ten daies, or

more, after distill them in *Vesica*; and according to art, separate the Oyle from the water.

CAP. III.

Of the Medicines of the Buds or Brakeings of the Elder.

1. *The* POWDER.

TAke as much as you will of the buds, or first breakings forth of the leaf of the Elder; being dryed in the shadow, pulverise them, either keep this Powder by it self, or mix it with equal parts of Sugar.

The many-Medicinal Powder of the Buds is described *sect.* 3. *cap.* 3.

II. *The* CONSERVE.

Take the fresh tender buds smally cut, *lib.* 5. of the purest Sugar, *lib.* 1. upon a slow Charcole fire, mix them well

well together with a ſtone peſtle, and expoſe them in an earthen pan eight daies to the Suns rayes.

III. *The* SYRUP.

Take of the Juice preſt out of theſe firſt buds and breaking of the Bore-tree out of the tree and ground, and by ſubſidency purified from the dregs, *lib.* II. of fine white Sugar *lib* I. *s.* or *q.ſ.* let them be concocted with a ſlow balneal fire to the conſiſtency of a Syrup; which being aromatiſed with half an ounce of choice Cinnamon, and two drachmes of Cloves is to be reſerved in a glaſs veſſel.

Cap. IV.

Of the Medicines taken from the Leaves, middle Bark, Roots, Pith, and Spunge.

I. *The WATER.*

TAke the fresh leaves of the Elder, and they being grosly beat or cut, fill the half of a Vesica with them, and put a sufficient quantity of warm water on them; macerate them therein for a night, and distill them; put the distil'd water on fresh leaves, distil them again. After the same manner, of the green and succulent bark, water is prepared.

There are some that of the succulent roots, pith, and spunges by themselves, or mixed together, doe distill waters, which they much commend in Hydropsies, which first are to be well shred and macerated a night in convenient liquor, that their vertues may be more

more easily drawn out of them.

II. *The* SYRUP.

As of the Juice of the Buds, so from the Juice of the middle-bark, or roots, a Syrup may be prepared for the nicer sort, if a sufficient quantity of Sugar be put to the juice, well clarified, and on a soft fire boyled to a syrup; and after the same manner aromatised. These syrups indeed are esteemed less efficacious then the crude juices, seeing in their boyling they lose something of their Cathartick faculty, which *Fernele* observed: Nevertheless they are more safe, and less noysom to the stomack, and the rest of the intrals. Therefore their dose is according to their strength to be augmented.

III. *OYLES and* LINIMENTS.

1. An useful Oyle is prepared of the middle bark, macerated in old clear Sal-

let Oyle, and expreſſed, as was ſpoken in the Flowres.

2. Of the Bark and Leaves prepare them thus; Take of the middle Bark and Leaves, equal parts, fry them in *May*-Butter and Linſed Oyle, or in any one of theſe, with a ſoft fire; when they are awhile fryed, preſs out the leaves and bark; put in freſh leaves and bark again, fry them, and expreſs; do ſo the third time.

3. The Liniment or unguent which is ſet down in *Matthiol. ſuper Dioſc: l.4.c.168.* Take of the green bark of the Elder which is next the outward aſh-coloured rine, being of an hearb-colour, *lib.* 1. of Oyle waſhed off in the water, of Elder-flowres *lib.* 2. let them warme awhile together, then ſtrain and preſs them; to this add of new well-ſmelling wax, of the juice of the twigs of the Elder *ounc.* 4. then ſuffer them again to boyle till the juice be conſumed: Take it then from the fire, ſtirr and mix all together; and at laſt add of liquid Varniſh *ounc.* 2. of white

white Frankincence beat to duſt, *ounc.* 4. likewiſe add two whites of eggs, firſt well beat; mix all diligently, and keep it in a clean veſſel.

4. Another Liniment which the moſt happy *Plater* uſed to prepare: Take of the middle bark of the Elder one ounce and a half; of the juice of its more tender leaves one drachme; Linſed-Oyle waſhed in the water of Elder flowres, two ounces; of Barrow-greaſe ſo waſhed ounce 1. of good yellow wax one ounce and half, of Frankinſence one ounce, boyle them in the water of the flowres of the Elder, in a cloſed pot: and when they are cold, gather and keep the Oyntment that ſwims above. Of all theſe we will ſpeak in burnings, and other external affects.

The reſt of the Medicines that are prepared of the parts of the Elder, are copiouſly ſet down in the places that handle the diſeaſes to which they are appropriate, and there they are to be found.

Cap. V.

Of the Salt and its Spirit.

I. *The SALT:*

SAlt is prepared, not only of the flowres and leaves after the distillation of waters, and expression of juices; but of the bark and whole tree: For all are to be dryed, burned in a clear and open fire, reduced to ashes; of these ashes make a Lie with pure and clean water, still pouring on fresh water, til all the saltishnes be extracted; boyle the Lie, being filtrate, in an earthen vessel on a soft fire, till the water exhale, and the salt be left; which by a reiterate solution, filtration, and coagulation, is to be purified.

The most gallant way of purifying such like Salts, by the means of the spirit or Oyle of common Salt, is set down in the 19 Chapter of *Finckius Enchirid: Hermet.*

Some

Some praise this process, R. of the burned ashes of Elder and Sulphure, equal parts, being mixt, calcine them with a reverberatory fire, or in a Potters Furnace; after extract a Lie with the water of the flowres of the Elder; which being filtrate and boyled to a half on a slow fire, is to be placed in a Cellar, that the salt may run in Christals.

II. *The Spirit of the Salt of the Elder.*

R. Of the Salt of the Elder, *lib.* 1. of common Bole *lib.* 3. being well poudered and mixt together, put them in wel Luted retorte, fit to it an ample recipient, and having closed the commissures, add fire by degrees. First there shall still a watrish liquor, then the spirits shal follow, augment the fire, and keep it in the same degree, lest the spirits remit, so long till no more spirits flow, and the recipient become clear; the vessel being cold, and the clay that luted them together,

being with a wet cloth for an hour together softened, that the recipient may be separate without breaking the glasses, you shall find the spirit of the Elders salt, which is separate from its phlegme by distilling in Balneo.

The Lute, for arming your glasses, and luting them to their recipients, is set down by *Begwine, l. c. 6. Tyrocin. Chym.* By *Libavius l.* 1. *Epist.* 24. *Epist. Chymicarum*, and others.

Others use other waies of distilling the spirits of vegitable salts, which the famous *Sennert.* mentions by the bye, *Instit. Medic. pag.* 1215. but we may use all things we use in distilling the spirit of common salt: of which see *Sennert.* and *Begwine, l.* 2. *c.* 6. *Tyros. Chymic.* and others.

SECT.

SECT. III.

Shewing the practice of the ELDER, and Medicines belonging thereto.

WE have considered already the nature and qualities of the Elder, and in a most short and clear way set down its Medicines. It remains we briefly shew the practice thereof, and how tis a safe Medicine for most Diseases that follow our frailty; and of other preparations specifick to each part. We begin with the affections of the head.

CAP.

Cap. I.

Of Cephalalgia.

IN mittigating the pain of the head, and removing the distempers thereof in women, we use happily the Cake of the flowres of the Elder, left in the Vesica after the distillation of the water, it must not be burned; which being bedewed with the vinegar of the flowrs, we apply it to the head, and with the besprinkling of fresh vinegar, renew it. It rarifieth the skin, and by digesting the vapors, dispels them.

Some use rose-cakes bedewed with the vinegar of the Elder, which where the heat is more vehement, the brain more sensible, and more offended with the piercing smell is far better.

Or,

℞. *Take of recent Elder leaves two handfuls: Of Rose and water Lillie-flowres, of each one handfull.* Being

Being ſhorne and pounded, poure on them a like quantity of Elder-vinegar, and the water diſtilled out of the flowres, preſs out ſtrongly the juice; mix with it expreſſed two whites of eggs well beat; in which dip a double linnen cloth, and apply it to the head oft in the day. The water of the flowres mixt with the white of an egg and a little vinegar, is moſt comfortable in any *Cephalalgia*; chiefly in a Feaveriſh, being applyed to the brows, temples, and crown of the head. The vinegar by it ſelf is fitly uſed in the pain that proceeds or follows drunkenneſs.

Or draw out with the vinegar and diſtilled water of the flowres, from the kernels of the Peach and bitter Almond, a milky Emulſion, wherein dip a linnen cloth, and apply it oft to the brows, and crown of the patient.

Pliny ſaith, That the juice of the Elder helps the collections of the brain, and eſpecially mittigate the tunicle wherein it is next inwrapt.

This

This decoction is excellent to dispel the vapours of the brain, and make one sleep soundly, if the legs and arms be soundly rubed therewith when you go to sleep. Take six umbels of the Elder flowres when they are full: Of Anise umbels four, of *Roman* Camamile flowres one handfull, six Poppy-head with their seeds; being cut together, beat them in rain-water, if the evil hath its fewel from the stomack, matrix, or other parts, they are first to be remedied after that manner as is declared particularly in each part. Tis enough here to have touched this Topick.

Cap. II.

Of Raving and Wakings.

THe same things are profitable here, that are set down in the remedy of the *Cephalalgie*; seeing it oft riseth to forerun, or accompany these maladies,

dies, adding ever to these some grains of *Opium*, or a little of the seed of white Poppy, to mittigate and allay the furious and fiery spirits. For example, Take of the best water of Elder flowres 4 *dr.* of water-Lillie, and Rose-water of each 2 *drach.* of *Thebaick Opium* half a *scrup.* of Elder-vinegar to dissolve the *Opium* 6 *scrup.* mix them for an Epithenie; wherein a double or treble linnen cloth being wet, is to be applyed warm to the brows and crown of the head.

Or in place of the *Opium*, an ounce of the seeds of white Poppy; and by baking according to art, make an Emulsion, unto which you may fitly add the white of an egg well beaten.

If the belly be bound, dissolve of the Syrup or juice of the berries, and also of the infusion of the flowres of the Elder *ounc.* 3, or 4. in the water of the flowres, and give it when the Patient is dry, like a Julip; for it will not only open the belly, but sweetly quiet the spirits.

When

When in *Anno* 1626. the Plague was raging in *Haina*, and many of the infected were troubled with headaches, ravings, and wakings; a worthy man told me, he found no readier help to dissipate those venemous vapours, and bring sleep in his own and others bodies; then after the giving of several medicines, to bind their heads about with the flowres of the Elder.

Cap. III.

Of Melancholy, and chiefly Hypocondriack and flatulent.

IN Hypocondriack Melancholy tis profitable first of all, if the diseased be prone to vomit, to provoke it by the Oyle of the infusion of the flowres and bark of the Elder; lest by preparing and purging Medicines, those crude and excrementitious humors, which oft are gathered in the stomack, be carried to the more principal parts

of

of the body, and augment the obstructions.

Or give of the syrup made of the sap of the buds and berries an ounce, *br.* 1 *&* *s.* with some grains of the extract of Scammonie, and 3 guts of the Oyle of Elder flowres distilled, in the distilled water of the flowres thereof.

Or use the Clyster that is described in the 22 *cap.* following.

After this, the Wine which is drawn out of the berries and flowres, is not of meaneſt worth, for it opens obstructions, cuts gross humors, and by little and little thrusts them to the dore: Moreover it refresheth the vital and animal spirits: Drink a cup full thereof each morning for a month, taking before it a spoonful or two of flesh-broth, or a soft egg.

That it may work more safely, you may each week mix with the use of these, once or twice, the manyfold-working powder of the buds of the Elder; which is thus prepared;

Take of Elder buds dried in the shade,

shade, half an ounce.
Of Elder Kernels Trochiscated.
Of Sennie leaves,
Of Christalliſed Elder ſalt, of each three drachmes,
Of the extract of Scammonie, two drachmes,
Of Galengale, of Macer, of each half a drachme.

Being all ſubtilly pulveriſed, diſtill upon them.

Of the Oyle of Cloves,
Of Fennicle, of each ſix drops,
Of Cinnamon,
Of Carvie, of each three drops.

Let them be mixt exactly in a Marble Morter for a Powder, whoſe doſe is from a ſcruple to a drachme.

The Trochiſcation, or preparation of the ſeeds or kernels of Elder is thus; Take one ounce of the leſſer *Eſula*, prepared as is known, in infuſion in Vinegar, and groſly pulveriſed. Infund it in the Spaniſh Wine of *Peter Simons*, *lib.* 5. let them macerate 8 daies in the ſun, or in winter in the chim-

chimny-corner, the mouth of the glass being well stopped; after strain them through gray paper, and purifie them: Take the clean Arillas of the Elder-berries, dry them, pulverise them, and with a sufficient quantity of the infusion of Esula, make them in paste; dry it; being dryed, bedew them with the same infusion, and again work it into paste; of which form your Trochisces; dry them, and keep them for your use.

And because those excrementitious humors lurking about the stomack, and vicine places, and much troubling both the Physitian and Patient, in all Hypocondriack Diseases, are more easily evacuate by vomit, then purge. You may use commodiously the oile of the kernels of the Elder, prepar'd by bedewing them with the infusion of Antimony, as hath been shewn in the second Section; a little after drinking warm water, vomit is provoked; and that obstructions may be sooner dissolv'd, and the matter drawn out of the

Mese-

Meseraick veins; into the inteſtines; beſides theſe internal things, uſe this *fotus*;

Take of the bark of Elder roots, ounce 1. ſ.
Of well dried Elder flowres, M. 3.

Make a decoction in equal parts of Wine and Water; and that it may penetrate the more, add as much as you think fit of the Vinegar of the Elder; in which fomentation dip a ſponge, and therewith foment the whole belly, but chiefly the left Hypochondrie.

See the other hereafter in the 23 Chapter of the Miſenteries obſtruction.

For the altering of the bloud and ſpirits in the true, and in the Hypocondriac Melancholy; after generals, the ſyrup of the juice of the berries, and infuſion of the flowres of Elder, is praiſed; of each of which, in the morning faſting, every day, let the Patient take *ounce* 1. in the water of the flowres of Burrage. You

You are likewise to take a care that the belly be kept open; which is to be done by the Syrup and the Clyster mentioned in the 2 *cap.*

In the Paroxisme of your Hypocondriac Melancholy, give a spoonful of the spirit of the flowres of Elder in a draught of Malmsey, for it dissipateth the ascending vapours, and strengtheneth the spirits.

CAP. IV.

Of the Epilepsie.

AS this is a grievous, and a disease much to be lamented; so I may say, it expects its most specifick cure, almost from the Elder.

The Cure of Children.

To Infants new-born, before you give them any thing to swallow, you may give them with great profit, a spoonful

ſpoonful of the ſyrup of the infuſion of the flowres, or juice of the Elder-berries, to evacuate that putrid, yellowiſh, and ſometime blackiſh water gathered in the ſtomack, and parts about, while the infant is in the mothers belly.

For theſe Syrups do not only change and evacuate, but they alſo preſerve from, and reſiſt malignity.

Macerate a handful of Elder flowres well dried in the wine, which the beſt ſort uſe to waſh their new-born babes in; for it conſumes the humors gathered about the joynts, and comforts the members. This is alſo commended, Take of the powder of the ſimple buds, 1 *drach.* of the whiteſt Sugar-candie, 1 *drach.* of the berries of hearb Paris, *Number 6.* pulveriſe them moſt ſubtilly, of which give half a *ſcruple* for 9 daies together, in the water of Elder flowres, or any other convenient liquor you pleaſe,

In the Paroxiſme, the leaſt ſpoonfull of the ſpirit of the flowres given with

with three or five of the seeds of *Peony excorticat* is praised.

Or, of *Peony excorticat* 2 *drach.* of the best water of Elder-flowres one ounce and a half, of *Linden*-flowre-water half an ounce.

Make an Emulsion according to art, which being edulcerate *Rotalis manus Christi perlatis*, give it by spoonfuls.

Let the Nurse sometimes take the Conserves, Syrup, or water of Elder flowres, or having taken the spirit, juice, or extract of the berries, let her provoke smell, that thereby her milk being clear of the sharper and more malignant serosities, may be the more wholsom.

I knew an infant, which being taken sometime with Epileptick fits, each day, with a great deal of crying, and pain of belly, did dung a yellowish greenish matter; whom neither Clysters, nor cleansing Linctussies did any good. I councelled his mother, seeing I saw her milk more serous and thin,

thin, that she should twice or thrice a week, take the rhob, or juice of the Elder-berries, mixt with burn'd Harts-horns; and drink a draught of the water of the flowres above it, and provoke her self to sweat in her bed, or couch: Which being done, not only the Epileptick fits, but also those paintfull wringings of the childs belly did cease; and by little and little, the excrements came to their natural form.

The cure of those that are come to age.

In those that are come to age, tis first necessary above all things, to purge the body wel.

In the Spring time, macerate the bark of the roots of Elder in the whey of Cows-milk, which being dulcerat with Sugar, let him each morning take a hearty draught thereof.

Or, *Take the Polichrestick powder of the buds, two scruples, or one drachme.*

Of

Of recent Rob of the Elder, well thickned with good Sugar, as much as will make a bole.

Or take the prescribed bole; dissolve it in the whey of milk, add thereto the Syrup made of the juice of the buds and berries, *ounce* 1. mix it; prepare a draught: But if the Patient be prone to vomit, give him the oyle expressed out of the kernels.

The spirit of the flowres and berries of the Elder in, and out of the Paroxisme, is of great power; but it may be made more efficacious thus;

R. *Take of the middle bark of the Elder,*
Of the roots of Pœonie, of each six drachms.
Of dried Elder leaves and buds,
Of Lynden-tree-flowres, of each one handfull.
Of Rew-seed, two drach.
Of the Berries of herb Paris, numb. 20.
Of Jews-ears, numb. 6.

This being cut and pounded, put as

much of the spirit of the Elder thereon, as will be a hand-broad-high above them, and in a hot place, and well-stopped vessel, macerate them eight daies; distill them in glass-vessels in *B. M.* till they be dry; mix with them the distilled spirits, the salt drawn out of its dregs, and keep it for the Anti-Epileptick Spirit of the Elder.

Whereof give a whole, or half spoonful to the Epileptick in the time of his Paroxisme; afterwards using it every quarter of the Moon, to dissipate the Epileptick corruption by sweating, or insencible transperation, and to guard the brain.

With this same, in the time of the fit, rub the nostrils, gums, and pallat adding thereto a Graine or two o Castor.

Herein likewise excels the tinctur and extract of *Granorum Actes*; th preparation and using of which, is se down in the 31 Chapter, out of *Quer cetan.*

O

Or, *Take of Granorum actes scrup.* 1. *Of the berries of Herb Paris, pulverised, half a scrup.*

Mix them, and form pils thereof, *numb.* 15. or being dissolved in the Anti-epileptick Spirit of the Elder, give them in the Paroxisme.

Mark by the way, That the berries of herb Paris, called by some, Bear, or Wolf-grapes, is held by some Matrons, as a great secret against the Epilepsie: and they give them ever in an unequal number, as three, 5, 7, or 9, in the water of *Linden*-Tree-flowres, or of the roots of Squamaria; which I my self have found effectual in some children. Seeing these berries are mixt with some Antidotes, especially with the Saxonian, and half a drachm of the seeds of these berries, as *Matthiolus* relates being given, avail much against long sickness, and Witchcraft, it should not seem strange to any man, that they much help in the Epilepsie, if they consider seriously the maligne

nature of the Epileptick vapor, and its enmitie with the brain.

Some affirm, that the water of the flowres drawn up into the nose, prevails much against the Epilepsie, and vertigo. In the same affects, the eyes and face are to be washed oft with this water.

Anoynt gently, in the fit it self, the contracted members, with the oyle o the flowres of the first description that thereby the Acrymony of the humors and vapors may be mitigate, tha the matter may be dissipate, and th nerves comforted.

The oyle of the second and thir description, or the distilled oyle i much commended; if the palmes c the hand, and soles of the feet, if th temples of the head and nape of th neck be anointed therewith.

Amulets.

There is likewise set down a singular Amulet, made of the Elder grow

ir

ing on a Sallow. If in the month of *October*, a little before the ful Moon, you pluck a twig of the Elder, and cut the cane that is betwixt two of its knees, or knots in nine pieces; and these pieces being bound in a piece of linnen, be in a thred, so hung about the neck, that they touch the spoon of the heart, or the sword-form'd Cartilage; and that they may stay more firmly in that place, they are to be bound thereon with a linnen, or silken roller wrapt about the body, til the thred break of it self. The thred being broken, and the roller removed, the Amulet is not at all to be touched with bare hands, but it ought to be taken hold on by some instrument, and buried in a place that no body may touch it. *Petræus Nosilog. Harmon. l.* 1. *dissert.* 6. *Finckius Ench. Harm. c.* 5. The cause of which is not absolutely hid, seeing the Elder and its grains help this disease. These are the words of *Petræus* in the mentioned place:

There are some that ascribe the same effect to the Bore-tree, growing on the Tylia or Linden-tree, seeing both by a peculiar property, are anti-epileptick; some hang a cross made of the Elder and Sallow, mutually inwrapping one another about the childrens neck, *Petr. Loco Allegat.*

Albeit there be some that deny all specifick operation to Amulets of the Elder growing on the Sallow and Linden-tree, and to all other Amulets. Nevertheless their reasons are not of such weight, that they satisfie the mind of a desirous learner; tis not impossible that so little a piece of the Elder bound to the skin, should break the force of so stubborn a disease: for though it do not draw out sensibly the vitious humors, yet it may act against the morbifick cause, and rout it some other way, by alluring, and some other way expugning those vitious humors, and that malignant Miasme, most noisom to the brain, it having in little bulk, great force; which being extinct

or

orremoved, tis likely the Epilepsie will cease, though the humors remain; if they be not altogether corrupt; which humors are to be purged, according to the diversities of constitutions, before you use such Amulets. Read *Sennert. l. de Cons. & dissen. Gal. & Chymic.*

Whereas they object, That in all, these Amulets do not hold: This will not prove that they are not indewed with an Anti-epileptick faculty; otherwise many famous Medicaments should be called in question, seeing many times they are disappointed of their actings in some subjects; becaufe it may be they are not used in fit quantity, time, or after due preparation, or some other errours are committed, which may hinder the best, and most approved Medicine to take effect; neither is it in the power alwaies of the Physician or Medicine, that the diseased should be relieved: some times the evil excels the cunningest art.

Cap. V.

Of the Apoplexie and Palsie.

AS a preservative against the Apoplexie and Palsie, the Salt of the Elder is much commended, if it be mixt with a third part of the volatile salt of Amber (which volatile salt useth to stick to the neck of the retort, in the distillation of the oyle of Amber) and given in the time of the new Moon, or full moon, in a convenient liquor, in the weight of a scruple, or half a drachme. The salt of the Elder must be first excellently Crystalized in the water of Sage, as you know.

Amwald desires that three parts of the extract of black Hellebore be mixed with the Rob of Elder; which he commends as a gallant specifick against the Apoplexie, and all noysom affections of the brain. The receit is set down in his Treatise, *Panacea Amwaldina, fol.*23.

Pulvis Turionum Polychrestus, doth not only purge the stomack and nearest vessel, but likewise the brain from its

its groſs, pituite, and ſerous humors, whereof give a drachme thereof when it is needful, in form of a Pil.

Oximel Samb. is likewiſe uſeful in theſe cold diſtempers of the brain; whereof give oft in the water of Sage, a little maſted before purging, at leaſt two or three ounces for the cutting and preparing that groſs matter.

The Spirit likewiſe diſtilled from the Berries, is excellent, if once a week, or at leaſt each quarter of the Moon, a ſpoonful thereof mixt with crums of wheat-bread, and a little ſugar, for it conſumes the phlegmatick humors, and drieth and comforteth the brain, and tis taken in place of a ſimple Anti-epileptick, as we have ſaid in the former Chapter. Or,

You may prepare it new thus, only for this affection, in what quantity you pleaſe, thus,

Take of Sage, Marjoram, Ivy Arthretica, of each two drachmes.

Of Couſlip-flowres, Conval-

Lilly-flowres, of each one drach. and an half.

Of Rochet-seed, two drachmes.

Which, all being cut, and grosly pulverised, are to be macerated in a sufficient quantity of the spirit of Elder, and after eight daies to be distilled in *B. M.* till they be dry; for the Apoplectick spirit of the Elder; in a part of which Castoreum may be dissolved, and oft-times transcolate: of which mixture a spoonful, chiefly in the time of the Paroxisme, should be instilled, as the cause is of exigency, and with the same rub the pallat, nostrils, crown of the head, and nuke of the neck.

Two or three drops of the oyle of the second or third description, or distilled, being instilled in the ear, or anoynted on the palat, after the manner the spirit is thought to help the rest.

Mark, That those things we have now commended, have chief place in that Apoplexie that proceeds from pituite, or other grosse humors, and is familiar to old men; but that which proceeds

ceeds from depression of the scul, or inflammation of the brain, is to be cured by other Medicines, that is not our part here to handle.

Of the Palsie.

But if the Apoplexie end in a Palsie of the sides, or other members, as it useth, having observed those universals, for the provision of whole body and brain, tis necessary oft in the week to provoke sweat.

Half an ounce of the Apoplectick Spirit of the Elder is useful here; also two drachms of the rob of the berries in Sage-water.

Or, *of the extract of the Rohob of the Elder, drach. 5 and an half: Antimony, diaphoretick, most white, half a drachm.*

Of which every morning give to the Paralitick, they being exactly mixt, 1 drachm in 2 or 3 ounces of the decoction of the root of the great Burdock, and command him, that being well lapped

ped in his bed, he sweat for half an hour; and that he may sweat more freely and fully you may mix with the potion, half an ounce of the Apoplectick spirit of the Elder.

Topicks:

The enervat, or hanging members are twice a day to be rubed, first with hard sharp clothes; afterward with the spirit drawn out of the berries, and inebriat with the essence of Cephalick herbs. So those gross and viscid humors that trouble the nerves, and compresse them, and stop the passage of the animal spirits, will be attenuate, and dissipate, and the stupified spirits will be raised and allured.

Nevertheless, lest by these hot, and much drying spirits, the matter it self and nerves should be hardned, you are to mix with, the oyle of the infusion of the flowres of the Elder, a third of the oyle drawn from the Kernels of its berries, and this will attemperate the too

too too much exsiccating heat, and nevertheless digest and consume the matter. In this case likewise, the decoction of the root of the Elder and Ebulus in simple water, is much praised.

And seeing oft-times the palsie of the tongue, and difficulty of speaking remains, the tongue is oft-times to be rub'd, and humectated with a sponge, dipped in the Apoplectick spirit of the Elder.

CAP. VI.

Of Catarrs:

IN this the Wine prepared of the flowres and berries, is much commended, because it excellently purgeth the body of that serous inundation, of which, after you have taken a little broth, drink a cup-full in the morning.

The simple Powder of the buds of the Elder, taking a scruple thereof in a soft

ſoft egg, or in ſome ſyrup, or in a ſpoonful of the Oximel of the Elder in the Spring, or Harveſt, for 14 daies each morning, and faſting two hours at leaſt after it, doth mightily conſume the Catarrhous matter. Or inſtead of the Powder, uſe the Conſerve of the buds, mixt with the third part of the Conſerve of the flowres; the Doſe *ounc. s.*

If the body ſtand in need of greater evacuation, exhibite once or twice the polichreſtick powder of the buds.

The ſalt of the Elder by it ſelf, or mixt with the third part of the volatile ſalt of Amber, doſe, *ſcrup.* 1. is eſteemed likewiſe the ſpirit of the Elders ſalt, taking weekly ſix drops thereof, or more in broth made of fleſh.

Alſo, a ſpoonful or two of the ſpirit of the berries and flowres, taken with crums of bread and ſugar.

Concerning other things, eſpecially ſweetning, which is ſometimes conducible to conſume the matter in this diſeaſe, read the precedent Chapter.

CAP.

CAP. VII.

Of the Tooth-ach.

SEeing this diſeaſe oft flowes from defluxions, thoſe things are to be firſt uſed, that are ſet down in the former Chapter.

Topicks.

We will onely preſcribe here, Topicks made of the Elder. *Raymund Minder*, in his *Military Medicine*, *cap.* 10. commends much the decoction of the roots in Wine and Vinegar, uſed to gargariſe with, and proteſts that no one Medicine ſooner eaſeth this great pain.

For Example;

Take of the roots of Elder cut in ſlices, two ounces and an half.
Of Elder, or ſimple Vinegar, of white Wine, of each ſix ounces.

Boyl them for a water to waſh the mouth,

mouth, which is oft to be spit out, and renewed.

Or, *Take of the middle Elder bark,*
Of Elder flowres, of each an handfull,
Of Jews ear, one.

Boyl them likewise in a sufficient quantity of Vinegar and Wine, and use it. Where there is a suspition of worms in the hollow tooth, the hollowness is to be filled with the spungiola of the Elder; at least it is to be held hard betwixt the teeth: Likewise the vapor of the former decoction may be received through a funnel at the mouth.

They make Tooth-pickers, and Spoons of Elder, to which they attribute much in preserving from this pain. The common-people take these tooth-pickers, being bloudy with pricking and picking the tooth, and glew them to the Trunk of an Elder, which is irradiated with the morning Sun-beams; they pull away the bark, and cover the place with rosin of the Pine:

Pine: and thus they cure all tooth-aches.

Tis not apparent by what vertue this is done; when, may be, that is attributed to the inciſion, which ought to be attributed to the blooding, or time of continuance, wherein moſt diſeaſes are eaſed. But we leave every man to his judgement, *Scal. Exerc.* 183. *ſect.* 11.

If from a defluxion, the gums and cheeks do ſwel, anoynt them with the oyle of the infuſion of the flowres of the Elder, and put the dregs or craſſament of them to it, for they will digeſt and reſolve it.

Cap.

Cap. VIII.

Of the Affects of the eyes.

P*Laterus Tom. 2. praxeos*, hath observed, that Chirurgions used to apply to sore eyes, a Pill of the Elder, macerated in common, or Rose-water, or other convenient to mittigate the pain.

The water of the flowres of the Elder, mixt with a like proportion of Rose-water, wonderfully mittigateth opthalmike pains, and strengtheneth the sight; into which sometimes prepared tutty in a knot is to be put, to ease the itch, and a spunge of the Elder, macerated in Pennyroyal-water, to be applyed to the nuke or hollow of the neck.

This following liquor, anointed on the eye-lids with a feather, is profitable.

R. Elder-flowres gathered in the month of *June*, before the rising of the

the Sun, and picked from their ſtalks, as much as you will; beat them in a Marble Morter; and in a glaſs well ſtopped, expoſe them for a month to the rayes of the Sun; then let them be involv'd in a leavened Rie-loaf, and baked with other bread in an oven; which being taken out and opened, you ſhall find an oleaginous liquor, which you muſt carefully preſerve in another glaſs for your uſe.

The tender and recent leaves, with polent or barly meal, applyed to inflammations, doth mittigate them, by diſſolving and digeſting, as was taught before by *Dioſcorides*; which may be uſed externally in Ophthalmies, general Medicines being premiſed. Or rather uſe this Cataplaſme, which did much help in a more vehement tumor of the ey-lids, whereby the whole eye was hid. Make of the Mucilage of the ſeed of Pſyllium, and Linſeed, extracted by the beſt water of Elder-flowres, of each ſix drachmes, add of Elder-

Elder-oyle half an ounce, and as much meal of the flowres as will ſuffice.

Make thereof a Cataplaſm.

The little ſpunge of the Elder macerate well in the beſt water of the flowres, til they ſwel great, do wipe away gallantly, the dirt and matter in thoſe blemiſhes, and in all other wounds and ulcers of the eyes, immediately laying thereon a tender and recent Elder-leaf.

They ſay that the aſhes thereof blown in the eye, hath conſumed a beginning panicle.

Cap. IX.

Of the Diſeaſes of the Ears and Hearing.

FOments of the decoction of Elder, and Camamile-flowres, mittigates the pain of the ears. The oyle of the infuſion of the flowres may be with profit anointed; or adding the meal of the flowres, make thereof a Cataplaſm

plasm, which is to be applyed hot to the whole region of the ears.

The difficulty of hearing, through gross humors and vapors that posses the auditory organs, is greatly helped, after you have used universals, and the polichrestick buds of the Elder, by the vapor of the decoction of the roots and leaves of the Elder, made in a fit Lixive, in the which Lixive, if you add Origanum, the ears are to be oft washed, and stil wel dried.

The same vapor takes away the tingling, whistling, and other sounds of the ear, which are also remedied by a drop or two of the oyle of the flowres of the second or third description, being put on a bombaceous tent, thrust in the ears, for it consumes and dissipates the flatuosities, from which these arise.

Some who suspect the unctuosity of the oyle, use after the same manner, the spirit of the flowres and berries; chiefly the apoplectick, which by its penetrating force

force doth discuss them egregiously.

The juice prest out of the recent leaves, with a little Wine; and instilled in the ears, doth cleanse the filth of the exulcerate ears, and kil the worms. It doth likewise cleanse and consolidate wounds and ulcers; of which in his proper Chapter.

Cap. X.

Of the Defects of the Nose, and Smelling.

THe best Water of the Flowres of the Elder, oft drawn up in the nose, doth help the smelling, that is diminished by some great sickness.

In the exulceration of the nose by a salt defluxion, the water of the flowres and bark are profitable, seeing they deterge, dry, and conglutinate.

In a greater exulceration, where the flesh is too proud, the spirit of the salt is needful, which being mixt with the

the reſt, it conſumes the proud fleſh, and hindreth further putrifaction. See the Chapter of curing ulcers.

Gabel Rover doth commend the Spunges that grow on the ſtock of the Elder, being dryed, pulveriſed, and given in a fit liquor, for ſtaying the hemorage of the noſe.

Tragea Granorum actes, which is deſcribed in the cure of the Dyſcentery, is good in this caſe. The doſe half a drachme, or two ſcruples, in a ſpoonful or two of *Quercetans* Corralline Syrup, or in the Styptick red Wine, or in the diſtilled water of the Sperm of Frogs, Shepherds purſe, or Purſlein, *&c.* or make a Powder of the equal parts of Tragiæ, and the little ſponges, which is both to be taken in the mentioned liquors, and lightly and eaſily to be blown into the noſtrils.

CAP.

Cap. XI.

Of the blemiſhes of face and head.

IF you waſh the face oft with the diſtilled water of the leaves and flowres of the Elder, it cleanſeth and drieth up all pimples and puſtles of the face.

Diſpenſatories affirm, that the oyle of the infuſion of the flowres, mundifieth and makes clear the skin.

In Lentiginibus, commonly called freckles, by ſignature, a decoction of the flowres in water, is commended; for the flowres of the Elder are ſpotted, *Oſwald Croll. de ſignaturis. Dioſcorides* teacheth, that the juice anointed, makes the hair black. This will be a profitable experiment to thoſe that endeavour to make their red hair black; albeit the colour be more comely in many, then illfavoured. What we muſt allow to thoſe old ruffions that are aſhamed of their white locks, *Galen* hath

hath taught us, *l.* 1. *de Compos. Medicament. secund. Loc. c.* 3. and this transcursorily occasioned by *Dioscorides* his words.

Take Elder-roots cut very small, adding a little of the seed of *Staphis agriæ* made in a Lixive, wherein wash the head that is ful of scales & lice. The same decoction heals the Tineam or Favum in children, if it be over-strong and painful, dilute it with the decoction of the flowres and leaves. The pain is likewise mittigated by the anointing of the oyle of the infusion of the flowres, if after washing it be anointed.

The oyle expressed out of the berries and kernels, and mixt by stirring, with a third part of Turpentine, and moynted, doth cure by drying and cleansing, all ulcers of the head, the whole Elder leaf after being applyed. *Oleum Saccharo-sambucinum*, is likewise commodious.

E CAP.

Cap. XII.

Of the Diseases of the Mouth and Throat.

THe Common Women, so soon as they suspect any Disease in the Throat of their young ones, they steep the sponge of the Elder in their drink, and when it is sweld, they therewith carefully wipe away all the filth of the pallat, gums, and tongue.

The expressed juice of the leaves, mixt with simple or Elder-hony, doth absterge and exsiccat egregiously, all the ulcers of the gums and throat; If therewith they be anointed by a pencil, or if it be disolved in the water of the leaves and bark, and gargarised therewith.

You shal add more vertue thereto in deterging, in purifying, if you mix a little of the salt of the Elder therewith, or dissolve the said juice in a weaker

weaker Lixive, and use it as a Gargarisme.

If the ulcers be more malignant, and the product of the great Pox, tis necessary that twice or thrice a day, you rub them with a sponge or pencil, dipped in the spirit of Elder-berries, wherein a little of the flowre of Sulphur hath bin dissolv'd, and immediatly after, wash them with the decoction of the leaves, and besprinkling them with the small flowre of the Elder-pith.

The Tonsils being tumified by a thin and saltish defluxion, let them be gargarised with water, or decoction of Elder-flowres, wherein a little Elder-hony hath been mixed; for licking the Rhob of the Elder, inspissated with Sugar, is commodious; which is our womens common and used Medicine; you may use the syrup of the juice of the berries, or infusion of the flowres, or the hony of either.

Outwardly anoynt them with the oyle of Elder-flowres infusion, which doth resolve it.

In the Squinancy, having first used universals, to the foresaid Gargarism, add some leaves of Self-heal, with one or two of the sponges of the Elder, called by many, Jews-ear, which is a sure experiment, *Lob. in Adverſ. Novis ſtirp. p.* 434.

The Linctus must be the former, only add some pulverised Jews-ears; or make this Eclegme, Take Jews-ears two or three, let them sharpen an hour or two in a sufficient quantity of the water of Elder-flowres; then let them boyle lightly, and beat them in a Marble Morter, and put them through a Setace; add unto this Musilage, as much as is needful of the Syrup of the juice of the flowres and sugar, as will make a Linctus, which you may oft use; besides, it opens the belly.

Outwardly apply an Anadyne Cataplasm, which doth digest and resolve, made of Elder-leaves, and Reddish-stalks, pounded and boyled in the oyle of the infusion of Elder-flowres, to the consistency of a Pulticle.

The

The Acetoſes Syrup of the Elder, deſolved in the decoction of Barley, and given as a Julap when tis neceſſary, tempereth the heat of the bloud, and whole body. See afterward the cure of the continued Feavers.

In ſpitting of bloud, *Tragea granorum actes* is profitable; whereof we have made mention in the tenth Chapter, which being taken in ſome convenient Syrup, is to be uſed for a Linctus.

CAP. XIII.

Of Dyſpnei and Aſtma.

THat thoſe things may be removed in theſe diſeaſes, and expectorat, which are gathered through the proper imbecility of the Lungs; uſe the water of the flowres, in which a third part of Elder Oximel is deſolved, and as a Julap twice a day, drink two or three ounces thereof, it

cuts the groſs matter; and facilitateth the expectoration thereof.

The ſame Oximel thickned with ſugar Candie, and taken off a liquorice-ſtick like a Linctus; and ſwallowed leaſurely, worketh wel in expectoration.

The Syrup of the Flowres of the Juice of the Berries and Buds, *&c.* are wholſome, taken after the ſame manner.

The Bark of the Elder entreth that famous Oximel, Helleborat, of *Geſner.*

The ſpirit of the berries in a great Diſpnœa is profitable, half a ſpoonful, or a ſpoonful thereof taken with ſugar.

Uſe this following Aſmalick, or Pnewmatick Spirit, if you pleaſe.

Take of the middle Elder bark Liquoriſe, well ſhaven, ſix drachms.

Of the roots of Allacompaine, of Florentine Ireos.

Of each two drachmes.

Of

Of the whole herb Eryſimum, two handfuls.

Of Fennel-ſeed half an ounce.

Being cut, and ſhaked together, infuſe them in a ſufficient quantity of the ſpirit of *Granorum actes*, in which let them ſtand ſeven daies, every day twice ſtirring all together; afterward let them be diſtilled in Bal. Mar. for the Pnewmatick ſpirit of the Elder, which in time of neceſſity is to be taken either by it ſelf, or dulcurat with a little ſugar, or the ſyrup of Violets.

Or with the ſame with Cannarie ſugar, or of Madara, prepare the oyle of the Elder-ſugar as followeth. Take of this Pnewmatick Spirit rectified, as much as you wil, mix with it half the quantity of Sugar; fire the ſpirit with a wax-candle, or light paper, ſtirr it hither and thither with a knife, til all turn to a thick and oyly liquor, and the flame ceaſe of it ſelf. Uſe it as an Eclegme with a ſtick of Liquorice by it ſelf; or mixt with an equal part of Elder Oximel, it mightily moves ex-

pectoration &c. tis profitable to anoint the breast in the greatest difficulty of breathing with the oyle of elder-flowrs of the first description; you may mix therewith some drops of the oyle of the flowres of the third description.

In suffocating Catarrs, besides these abundantly declared, it availeth much, if in the time of the fit, you put a sponge dipped in elder-vinegar, to the nose, and therewith wet the crown of the head.

Cap. XIV.

Of Hoasting and Hoarsness.

VVOmen with great success, give to their coughing nnquiet children, the recent Rob of the Elder, which is more liquid.

In older, the Linctus of the Oyle of Elder-sugar is profitable.

In that wild Cough, where corrupt matter

matter is exercat, and more corruption feared, this is much praised.

Take of the Elder-leaves recent, or dried in the shadow, M. 1. boyle them in a quart of Fountain, or clear River water, to the consumption of a third part; the strained drink is to be sweetned with Sugar-Candie, or scummed honey, of which every day, morning and evening, drink a warm draught.

The same is commended in hoarsenes proceeding from a Catarr, that fils the inequalities of the wind-pipe, or *Arteriæ Asperæ.*

Or where more detersion is necessary for the same effect, there is a fit Lixive prepared of the ashes of the leaves with the water of the flowres, which being sweetned with sugar or hony, is to be oft taken by spoonfuls in the day. This, if any thing, will take away hoarsenes, and is a great secret amongst women, as the giving their own poper urine to the diseased to drink, which is loathsom to many.

To make a clear voice, this is a secret of *Alexis*.

Take of Elder-flowres dried in the Sun, and pulverised, of which drink a little every morning in white-Wine, fasting.

The Cough and hoarsnes proceeding from heat in feavers, is excellently remedied by a Linctus of the Syrup made of the juice of Elder-berries, with equal parts of the Syrup of Violets.

If you list, and have leasure, you may make Elder-sugar in imitation of Violet-sugar-candie, Cinnamon, or Rose-sugar; of which in these pectoral diseases, hold some still to be dissolved in your mouth, that by little and little it may descend into *Aspera Arteria*, or wind-pipe. 'Tis thus made;

Take of the best Canarie sugar *lib.* 6. let it melt and boyle in the fragrant water of the flowres, til it acquire a fit thickness, for making up tablets: Then infuse the fresh juice pressed from

from the berries, wel purified, or the frequent infusion of the flowres, as you please to have the colour, *lib.* 2. on a soft fire boyle them to the consistency of a syrup, then in a glass, or earthen pot, put sticks in order, two fingers broad asunder, and poure the liquor hot thereon, and in a warmed shop, the vessel being bound up in a thick Cotton-cloth, leave it there to congeal. See more of this in the famous Botanicks, *Pena* and *Lobel page* 20. *Adverſ. Nov. Stirpium & Caſ. Bauhine, lib.* 1. *c.* 19. *de comp. Medicam.*

CAP. XV.

Of the Pleuriſie and Phthiſis.

IN a baſtard Pleuriſie tis a very safe and us'd Medicine, if there be no feaver, to provoke sweat, by taking the Rhohob *Granorum actes* in the water of Elder-flowres, or *Cardui benedicti*, seeing it ariseth from the serous and

and flatulent humors that fall betwixt the Pleura, and intercoſt all muſcles, *&c.*

In a true Pleuriſie, where there is a continual feaver adjoyned, proceed more warily: For after the uſe of univerſals, the rob, water, and ſpirit of Elder-flowres are not to be much feared here, ſeeing with ſucceſs we uſe hotter ſedorificks of the bleſſed and milkie Thiſtles, of the ſimple and compoſed ſpirit of Vitriol, *&c.* for many expert men acknowledge a malignity in theſe humors, which *Paracelſus* likeneth to Auripigmental Poyſon which doth corrode the life like a fire, *Dioſc. lib.* 5, *c.* 121.

Pectorals.

For the expectoration of the matter in the lungs, uſe them that are weak, as the ſyrup of the flowres and berries inſpiſſat with ſugar, or Elder candied-ſugar, likewiſe the water of the flowres inſpiſſat, and ſupped down,

you

you may mix with these, some of the *Tragea Gran. Actes* for the spitting of blood.

Topicks.

Externally anoynt with the oyle of the infusion of the flowres with the fat of a Capon, or saltless May-butter, or foment oft the side with linnen dipt in the water or decoction of the flowres and leaves of the Elder; for by rarifying the skin and parts, they digest and resolve those sharp vapors and humors: Or take Elder leaves and flowres, Camomile, of each an handfull; make a decoction in middle beer, which put in a Cowes bladder, and after the opening of a vein, being oft in the day applyed warm, it did wonderfully ease a Smith in my Country, whose wife I councelled to do so.

Of the Phthisis.

In preserving and curing the *Phthisis*,

sis, besides other things, the decoction for the wild cough, being taken by spoonfuls, and by little and little swallowed, is used with success, seeing it proceeds from an ulcer of the lungs, which requires detersion, exsiccation, and consolidation, and the leaves and flowres of the Elder, mixed with a little sugar or honey, work these effects; they think to satisfie all the indications by this decoction. But I had rather in this case, instead of simple sugar and hony, use tabled sugar-roset, or honey-roset strained, and mix a scruple, or halt a drachm of this following powder, chiefly where much arterious bloud with the spittle is cast up. Take of *Tragea Gran. actes drach.* 1. of Jews ears dryed in a furnace. *Oculorum Cancri prep: an. drach.* and half, Saffron Oriental, *scrup.* 1. *sugari rosat.* tabled, *drach.* 2. being all pulverised well, mix them together exactly; in the mean time you are to have an eye to the prime cause of this ulcer, whose knowledge is to be found elsewhere.

Geerge

George Amwald in his *Panacea*, *p.* 29. commends the unction of the oyle of Elder-flowres in a Phthisis.

CAP. XVI.

Of the affections of the Duggs.

SEeing the Duggs of women oft-times, by reason of the sudden and abundant affluxion of bloud, for the generating of milk, chiefly after their delivery, use to be inflamed; or as the bloud is of thinner consistence and hotter, use to have an Erysipelas, or Rose. The following receits may safely and securely be applyed.

In Inflammations, the *Caput mortuum*, or the cake of the flowres of the Elder with the red Vinegar thereof; in one Erysipelas, let it be bedewed with the distilled water of the leaves and flowres of the Elder, and so applyed warm: For it digests and resolves that which hath flowed in, and

is

is compacted, and doth moderately by reason of the Vinegar, repel the inflammation, and extinguish the heat of the bloud. Anoynt the hardened kernels of the dugs with the oyle of the infusion of Elder-flowres, and put the leaves of the Elder thereupon.

For the exulcerat, the *lac aureum*, or Golden-milk is most fitting, being made of the common or elder Lixive; and the oyle of the infused flowres and bark, mixed by hard shaking and stirring together; in which linnen being dipt, and wrung afterward, is to be applyed warm to the ulcers: Tis also profitable, for the more hasty and happy perfecting of the cure, to blow on it the powder of Elder-leaves. So the ulcer, whatever it be, shal be cleansed, dryed, and dighted; view these in their proper places.

I knew a woman, whereof I made mention in the fourth Chapter, which oft being taken with the Rose in her paps, who having taken the Rob of the Elder, and provoked sweat mode-

rately in her bed, useth to apply no other Medicine to the diseased part, but a knot of red fine linnen, wherein Elder-flowres are sewed so ingeniously to avoid all the exulceration which would have ensued.

CAP. XVII.

Of Swouning and Faintness.

THe Vinegar of Elder-flowres, imbib'd in a sponge, recovers those, as it were, from death, that are subject to swounings and faintings upon every the lightest cause or occasion; for it excellently refresheth the spirits; for which Physitians highly prize it, being mixt with other cordial Epithemes.

In this alone dip linnen clothes, and apply them to the pulses of the temples of the wrists, and near the ankleys.

Or make this Epitheme, wherewith the face and palmes of the hands are to be washed.

Take

Take of the water of the flowres of the Elder, 2 ounces.
Of Incarnation Roses 2 ounces.
Of the Vinegar of Elder-flowres half an ounce.
The Vinegar of red Berries, two dra. mix them.

Tragea Granorum actes made after this manner is much commended:

Take of the Tragea of the grains of the Elder;
Of choice Cinnamon, of each one drach.
Of Cloves, Galangale, of the flowres of the Elder without the stalks, of each one scruple.
Of Sugar Rosat, of Anthosat tablets of each two drachmes and a half.

Make all into a fine powder, of which give to the diseased half a drachm in Wine, or some other convenient Liquor.

How women that faint by reason of the matrical diseases, are to be helped by Medicines of the Elder, I have set downe in the 26 Chapter. Cap

Cap. XVIII.

Of *Feavers in general.*

And 1. *Of intermitting Feavers.*

THe common people, as ſoon as they find the firſt touch of a Feaver, they take the Rob of the Elder in the Vinegar, ſpirit, or water of the flowres thereof; and ſo in their beds, being well covered with clothes, diſpoſe themſelves for ſweating; which the Phyſicians do not diſapprove, ſeeing experience proves, that feavers by theſe, are many times prevented and diſſipated.

This ſeems to be the moſt probable reaſon thereof, That that putrid filthineſs is by this means diſcuſſed without delay, and the body rarified; which, if it had been left longer in the body, without doubt would have daily encreaſed the corruption, and given vigor to the feaver; as is learnedly diſcourſed

discourſed by the famous *Sennert.* in his Treatiſe of Feavers. But have care that this be onely done in the beginnings of Feavers, and in ſuch bodies as are not ful of the rubbiſh of corrupt humors; otherwiſe tis more ſafe and ſound to open the ports and paſſages of the whole body, by Emetick, and Cathartick Medicines.

Emeticks and Cathartick.

The purified Oyle expreſſed out of the kernels of the berries, is commended in ſtrong and luſty bodies, dra. or a drac. and half thereof, being taken in the broth of fleſh; for it gently moveth vomit, and looſneth the belly, not without a ſingular good temper of the body.

For the ſame uſe, the juice expreſſed out of the bark of the roots, are commended, heing taken in the ſame or a greater quantity. *Bernhard Gordon* in his Treatiſe of preſerving mans life, biddeth us take ſo much, as the half

alf of an egg-shel wil contain.

Concerning the Wine made of the fusion of the bark of Elder-roots, hich provoketh vomit, and empti- h the belly of corrupt humors. Read ie 28 Chaprer.

The Oyle made or the infus'd owres and bark of the Elder, being ank from one ounce to three, pro- oketh vomit, and purgeth the belly; ie same alone, or in a decoction, may e given in a Clyster.

The Polychrest powder of Elder- uds, doth not only purge both the les, but also phlegm and serous hu- ors, whereof drink in hot and ter- an feavers, in whey; but in cold and artanes, in Wine a scruple, or a achm, or 4 scruples, as the strength the diseased wil admit.

Or let pils of Tragacanth be foment- l with this, or some syrup or musi- ge, so that above them the menti- ned liquor be drank.

In young ones, the syrup of the ice of the berries, of the buds or rk, &c. Suffice.

The

The commons praise this, Take cup full of Goats-milk-whey, whic holds about four ounces, macera therein half an ounce of the midd bark of the Elder dried in the shadow being strongly prest out, drink it warm in the morning.

In which a few things are to be observed: That the commons are full perswaded, and call experience to witness, that if those middle barks b pulled downward from the Tree, emptieth the body of evil humors b purge; if they be pulled upward, worketh by vomit

The truth of which, as I dare no call in question, seeing I know the same thing is asserted of *Asarum* b some Physitians; if notwithstandin it be free for me to give my opinio without prejudice to others, and th truth, I believe we ought rather to a scribe the effect to the constitutio and peculiar property of the receivers or to the nature of the present humor I will say nothing now of the imagina

tion

tion, whereby the receivers perſwade themſelves, the Medicine will work downward or upward, which they endeavor to help by ſundry waies, by motion, compreſſion of the belly, ſuppoſitors, thruſting their fingers in their throats, and ſo forth.

Nevertheleſs I will not deny that the bark, and whole Elder alſo, hath divers vertues in purging the noxious matter, by divers places; nevertheleſs I doubt that theſe are rather to be aſcribed to the divers pulling it off the Tree, then to theſe cauſes mentioned; and other more weighty, which I leave to the ſerious conſideration of the learned, and proceed.

That the ſtalks and leaves of the hearbs, being boyled, doth purge phlegm, is manifeſt out of *Dioſcorides*; to which nevertheleſs the ſprigs or ſprouts are preferred, if in the Spring time, in which they are to be found, they be macerated a little in hot water, and prepared with oyle and vinegar, and be eaten ſparingly before ſupper,

per, in place of a sallet; for they gently loose the belly, unlock the obstructions of the Mesentery, and being frequently eaten, deliver and preserve from contumacious feavers.

Instead of these the Conserve of buds, mixed with the Conserve of the flowres, is profitable; of which take daily an ounce, half an hour before supper, in the water of the bark.

Cutting Medicines.

In such feavers, which are lengthened from the cramming of the Meseraick veins, and from the grossnes and toughnes of the humor, O*xymel Sambucinum*, dissolved in the distilled water of the flowres, or barly-water, and daily on the intermitting daies, drank an hour or two before supper is commended.

The Crystalized salt of the Elder, taken from half a scruple to a whole, is profitable; also six drops of the spirit of the same, taken in the broth of

of flesh; for all these do powerfully open obstructions, and cut asunder the grosness and toughness of the humor, they cleans the bowels and vessels, and both by urine, and sweat, dissipate the feaverish matter. See more in the 23 Chapter.

Before the Fit.

Internal Medicaments.

Those which are used before the Fit, are of two sorts, for some of them move vomit, and the belly, others provoke sweat.

When in time of the fit, the matter tendeth upward, which is known by the sudden straitness of the brest, by the stretching of the Hypocondriax, by nauciousness and propensity to vomit, give him a spoonful, or a drach. and a half of the oyle pressed out of the berries kernels in warme Ale, and by putting your finger in his throat, hasten the vomit.

Joseph Quercetan in his first book, and eight chapter of Dogmatick Pharmacy, asserteth that this following decoction is excellent in intermitting feavers, quotidian and quartain.

Take Elder-roots and bark, of each ounce 1. of Asarium, drachms 3. of good Cinnamon, drachm 1. and an half, boyle them in milk. This decoction at one and the same time moves vomit and sedge. Let it be taken at the beginning of the fit, and reiterate if it be needful. If the body be evacuate, and nature encline to sweating, before the fit, use these following.

The Rob of Elder in greatness of a Walnut, being mixed with half a drachm of the powder of the blessed Thistle, and, swallowed and drinking Vinegar above it, and afterwards, two hours before the fit, provoking sweat in bed, is an usual Medicine.

Or make this mixture, Take half a drachm of the extract of the rob of the Elder, and half a scruple of the salt

of

of the Elder; mix them, and form of them with the powder of Hearts-horn, Pils; which are to be taken in a ſpoonful of the ſyrup of the berries, two hours before the fit, give the half thereof to the younger and weaker complexions.

In Feavers leſs hot, eſpecially quartains, two or three ſpoonfuls of the ſpirit of the Elder berries, given before the fit, is commended.

There are ſome which diſſolve this following powder in it before, and they cannot praiſe enough this Medicine in more obſtinate quartains; eſpecially if the day before the fit, the ſtomach, and other veſſels nutrative, be well purged, by the oyle preſſed out of the ſtones of the Elder-berries.

Take of Hearts-horn prepared, without burning of the fineſt Antimony diaphoretick, of each half a ſcruple; let them be exactly powdered.

Neither is the heat of this ſpirit here to be feared, ſeeing in the ſame

feavers, *Galen*, and other famous Phy-
ſitians preſcribe Theriack, Methri-
date, Myrh, the ſpirit of Wine, the
water of *Zedoary*; for a hard knot,
muſt have a hard wedg: And experi-
ence proves, that theſe Medicines, be-
ing adminiſtred before the fit, do not
only ſtop the fierceneſs of the fit, but
likewiſe quite overthrow the feaver;
which before would neither yield to
preparing, nor purging Medicines; the
reaſon is, becauſe the feaveriſh matter
at that time is more moveable, and be-
ing prepared by nature it ſelf, more
eaſily followeth the courſe of the
Medicine.

Externals or Topicks.

This Topick is commended to be ap-
plyed to the pulſe: of Elder and Laven-
derleaves, of each half an handful, of ſalt
half as much. They being pounded
wel, incorporate them with the oyle
of Elder, that they may become a
paſte; whereof apply one half to the
wriſt

wrist of the right hand, and the other to the wrist of the left, and bind them with a rowler wet in Elder-Vinegar.

Fælix Plater, in the second part of his Practice, hath this, Take of Elder, Rue, Marigolds, and Nettle-leaves, *ana m.* 1. let them be pounded with salt and vinegar, and let them be applyed.

A double linnen cloth dipt in the spirit of *Granorum actes*, is applyed with a great deal of comfort to the belly, chiefly to the stomack before the fit, in a quartain; for seeing the fuel of the evil is setled in these places, if it be not altogether routed by the application of this Epitheme, yet it wil be much weakned.

To take away the shaking, and mittigate the chilness, the back-bone is to be rub'd with the same spirit, being hot.

2. *Of continual and burning Feavers.*

In continual and hot Tertian and burning Feavers, where the heat is more intenſe, and great drought tormenteth the patient, make this Julap:

R. Of Fountain, or River water, *lib.* 3. of Elder-Vinegar, ounces 3. of the fineſt Sugar, *ounces* 2. let them boyl together a little in a fit veſſel, unto which, being warm, add one drachm of Cinnamon in powder; let them coole of themſelves in a cloſe veſſel, and ſtrain them through *Hypocrates* ſleeve for a Julap.

Of which give the patient oft in the day, it extinguiſheth the feaveriſh heat, cuts the groſs and tough matter, cleanſeth the thin and bilous, unlocks obſtructions; it purgeth humors that offend, through their convenient places; and by its acceptable acidity it ſharpneth

neth the appetite and refreſheth the ſtrength.

This ſame is performed by the acetory ſyrup of the Elder, deſcribed in the next Chapter, which is to be diſſolved in Barley-water, til it come to the conſiſtency of a Julap.

For example, Take the ſharp Elder Syrup, *ounces* 3. ſimple Barley-water, *lib.* 1. mixed, or Oximel of the Elder, *ounces* 2. clear Fountain-water, *lib.* mix them, give four *ounces* or more of this, and ſuch like, at each time; otherwiſe if you give leſs, and only once or twice a day, they rather encreaſe, then diminiſh heat. *P. Egineta lib.* 2. *cap.* 36. for as Charcole in a Smiths Forge, being beſprinkled with water, burneth more ardently; ſo the feaveriſh heat is rather kindled then quenched by drinking ſparingly.

That you may extinguiſh the intemperate heat, and refreſh the vanquiſht ſtrength, inſtead of an Epithem, apply to the pulſes the Vinegar of Elder-flowres mixed with Roſe-water,

and imbibed by double or treble linnen clothes.

To looſe without danger in theſe feavers the bound belly, the ſyrup of the juice of the berries is convenient, of which diſſolve two or three ounces in the water of Elder-flowres; uſe it inſtead of a Julap, and drink it, for it gently looſeth the belly, and evacuateth the feaveriſh matter.

CAP. XIX.

Of the Peſt, and Peſtilential Feavers.

IN curing and preſerving from the Plague, great is the uſe of the Elder. A little ſponge being wet in Vinegar of the Elder, and carried in a hollow globe made of Juniber wood, and ſmel it, it mightily ſtrengtheneth the ſpirits, againſt the impreſſion of the infactious contagion.

Red hot bricks, being beſprinkled with

with this Vinegar, and a vapor raised, it doth dissipate the contagious virulency, so that it cannot insinuate it self in mens houses and clothes. By what means it may be indued with an Antilemick force more efficacious, shall appear by what I will now say.

Rob of the Elder, and the extract prepared of it, here are excellent: The first whereof is named by many, The Countreymans Theriack, of which each week to swallow the bigness of a Walnut, and drink above it its proper Vinegar, and so to sweat in bed, is a commonly received preservative. This may be fitly used by those who are infected with the Plague, especially if you mix with it some of the anti-pestilential powders; or at least drink above it three or four spoonfuls of Antilemick Vinegar of the Elder.

The same Rob, chiefly it that is most recent, being spread more thickly on a shive of bread, and eaten an hour or two before your meat, loosneth the belly. In whose place you may give a

ſpoonful or two of the ſyrup of the juice of the berries.

It is enough to ſwallow ſometimes in a morning before you go out, the greatneſs of a Peaſe of the extract.

Rohob, and the Extract Antilemick of the Elder.

R. *Roots of Tormentilla,*
Buterdock,
Of Pimpanels,
Of Angelica,
Leaves of Scordium,
Berries of Iuniper, of each half an ounce.

Macerate the roots 24 hours in Elder-Vinegar, afterwards dry them at leaſure, and being powdered by themſelves, add the leaves of Scordium, and berries of Juniper likewiſe in powder; mix them all together, and with the Vinegar that remained, beſprinkle them, and work them moſt exactly with a pound of Rob Sambuci, in form of an opiat: Of which give

to

to the infected person two drachmes in a convenient liquor, to provoke sweat, and thrust out the poyson from his heart,: Of which also besprinkled with the spirit of Elder, you may prepare the extract that is set down in the second Section, and first Chapter of this Book. The dose given to the infected, is one scruple or drachm in convenient liquor.

The spirit of the Elder by it self, is here very powerful, both in preserving, a few drops thereof being taken with a little white-bread in a morning, and likwise in the beginning of the disease, a spoonful or two being taken thereof before the feaverish heat be powerful.

But that spirit is far more noble, which is drawn off by an Alimbeck in the preparation of the Antilemick extract; seeing from the volatile essence of those Bezoartick simples, it hath carried much with it. Or at least infuse those simples in the spirit of the Elder, and being macerated therein

for

for a few daies, let it be strained for the Antilimbeck spirit of the Elder, whose vertues in curing and preserving, cannot be praised enough.

By the same Alexitaries, and chiefly by the roots of *Angelica*, and Juniper-berries, if the red Elder-vinegar of my description be impregnat with them, it becomes Antilemick Elder-vinegar; which is not only a vehicle to other Alexipharmacal Medicaments; but moreover, it may be taken by it self, when the intense heat and feaver will not admit of the spirit, or other more hot medicines.

Some drops of the spirit of Elder-salt, given in the broth of flesh, is a preservative.

Neither is it unwholsom, if once or twice a week in the morning, an hour or two before dinner, a cup ful of the wine prepared of the berries, be taken; but remember to take before it a little broth; for it loosneth the belly, hindereth putrifaction, and by reason of the Bezoartick vertue of the ber-

ries,

ries, it preſerveth the body from contagion.

At ſupper drink a cup ful of the wine prepared of the dried berries, which ſtrengtheneth the ſtomack.

A ſpecial Topick Oyle.

Some greatly commend in the Plague, this Oyle.

Take the flowres of the Elder, fill therewith a Cucurbit, or a more ample Glaſs to the middle; ſtrew upon them Marſh Mallows, and tops of Hypericon, of each ſo much, as only the fourth part of the Glaſs ſhal remain empty; powre thereon ſo much ſweet, clear Oyle-Olive, as will cover the flowres; cloſe exactly the mouth of the Glaſs, *ſigillo hermetico*, or lute it; and through all Summer, or for three moneths, ſet it in the Sun, that the heat of the Sun may draw the vertues out of the flowres into the oyle; then having ſtrongly preſſed the flowres, ſtrain the oyle, and being purified by

ſetling,

etling, reserve it in a well closed vessel: unto each ounce of which, before you use it, add a scruple of Sal Niter.

Some prepare it suddenly thus, They take the oyle of infused Elder-flowres, as much as is necessary, in it they immerge the flowres of the Marsh mallows, and Hypericon, and boyle them together in Bal. Mar. for some hours; afterwards they express strongly the flowres, and strain it; in the strained oyle they immerge recent flowres; boyl them, press them, and strain them; and afterward add Niter.

The way of using it, is this; The whole body of the infected person, with in 24 houres is to be anoynted with this oyle warm, and being wrapt in warm sheets, he is to be laid in a warmed bed to sweat; for they affirm, that it is proved, that by this only remedy, many have safely escaped the fiercenesse of this poyson: which unction, as it is not disapproved, seeing it openeth the pores of the skin, and by

by them draws out, and dissipates the pestilential infection and malignity, and by consequence is used commodiously, not only in the Plague and pestilential feavers, but also in other malignant, and chiefly spotted feavers: So we are to be very wary, lest in this sharp and dangerous disease, we neglect to use the internal Bezoar ticks, and Alexiterix already mentioned; but rather ought to joyn them with these, that with united forces both waies, internally, and externally, they may vanquish the malignity.

It seems this hath come from the *Egyptians*, of whom *Alpinus* in his 4 Book, and 15 Chapter relates, that they use this medicine in pestilential Feavers, in which the spots are either begun to appear, with great profit, at least once a day using this hot liniament, after which, without delay, they cover the feaverish with many clothes, endeavoring to draw the poysonous humor from the bowels to the skin.

Com-

Comforting and Altering Medicines:

Leſt the diſeaſed in ſweating, altogether faints, we ought to hold often to his noſe, a ſponge dipt in the Antilemick Vinegar of the Elder; for this vinegar doth powerfully diſſipate theſe narcotick vapours, and recreate the ſtrength. It is likewiſe to be applyed to the temples with linnen cloth.

To eaſe the heat and thirſt, you are oft-times to give to the diſeaſed, in, and after his ſweat, ſome ſpoonfuls of the Julap, which is ſet down in the Cure of burning Feavers; or prepare this acetous Syrup of the Elder, which in provoking ſweat, in reſiſting putrifaction and contagion, in ſtrengthening the heart, and other intrails, is far more excellent then the common acetous ſyrup, by reaſon of the Alexiterous vertue of the Elder,

Take clear Fountain-water, lib. 3.

White

White Sugar, lib. 2 and an half.

Boyle them on a clear fire of Charcole, til the half be consumed, scumming them wel in time of boyling: After add sharp Elder-vinegar, *lib.* 1. and half, boyle them again to the consistence of a syrup: You may, to procure a more sweet smel, in a knot of fine linnen, infuse in it an ounce of Cinamon grosly powdered, and sometimes wring it.

The syrup being cold, let it be kept in a galli-pot; of which give oft some spoonfuls by it self, or dissolve it in the distilled water of Burrage, sweet Roses, Elder, Scabious, or such like.

The Cure of the Buboes and Carbuncles.

Apply to Buboes pestilential, and Carbuncles, a Plaster made of the meal of Elder-flowres and Hony, which is excellent in ripening these tumors.

Or take of the oyle more special, which

which just now was set down, C
Crude Honey, of each half an ounce
of salt Ammoniac, drach. 1. of th
Meal of the flowres and leaves of th
Elder, of each as much as sufficet
let them all be exactly wrought, t
they become like a Plaster.

Some apply the feces of the flowr
macerated in oyle, and press it ou
which they call Stymma.

Some rost Onions under the ash
and pound them, and mix them wi
the Rob of the Elder, and app
them as a Cataplasm to the risings
the skin.

Amongst other vesiccatories, whi
is applyed happily to these contun
cious lumps, the famous *Sennert.*
cites these following.

Take of Mustard-seed, of mid
Elder-bark, equal parts, pound the
with Vinegar in form of a Catapla
which is to be spread on a white l
nen cloath.

Or, *Take of the leaves of the Ela*
Of Burrage,

Of Muſtard-ſeed;
Of rancide Nut-kernels, equal parts.

Let them be pounded and applyed, having firſt anoynted the place round about with Theriack.

The Apoſtume being open, and become an ulcer, a linament made of honey, and the juice of Elder-leaves, is to be applyed; which every day, wice a day, being put in with lint tents, t dighteth away the quittous, and mundifies the ulcer, the oyle preſſed out of the berries kernels, and mixt vith the third or fourth part of Turpentine oyle, is much praiſed. See he reſt in the Cure of Ulcers.

Cap. XX.

Of the Small Pox and Measles.

SEeing these Spots and pushes de
pend upon that putrid and malig
humor, which nature, troubled wit
it, doth expel to the skin and extern
parts; it is commodious to comm
the whole business to nature, if sh
work rightly and effectually.

But seeing, before they break ou
a Feaver doth possess those tender bo
dies, which is unknown whether it b
a token of the Pox and Meazles, or c
pituite putrifying in the stomack, o
neighbouring parts: It is commodi
ous to give to Infants, a spoonful o
two of the infused flowres: For if i
be the Pox, it causeth them to strik
out; if it be putrid pituit in the sto
mack, it gently purgeth it.

If it be to one of riper age, give hin
one or more ounces, adding according
to his strength, yea on the first day, and
before

efore nature goe about to expel the ox, of the Polichreſtick powder of ie Elder-buds, a ſcruple, or half a achm, whereby nature being disbur-ened of the ſinck of the firſt region, ore happily and eaſily may expel e reſt; which is mixed with the aſs of bloud.

After this, the water of the Elder-owres, given in ſpoonfuls, is good: r it ſtrengtheneth the heart, and ruſteth forth that putrid and malign mor, both in children, and in thoſe at are older; it may be ſweetned th ſyrup of the berries. Which, if ey come forth more ſlowly or ſpa-gly, beſides internals, we muſt uſe ſtions; of whoſe matter and man-we have ſpoken in the former apter.

Alpinus teſtifies that the Egiptians e none more excellent and famili-n all their Pox and Malignant ſpots, n theſe. And our women would well to follow their foot-ſteps, for-ing old wives fables, which oft times

times bring not so much help as ha
zard. Nevertheless we are to have
care, that a little after we wipe th
whole body with soft and warm linne
clothes, in a warm place, free of al
cold.

To quench thirst where the feaver
ish heat is more vehement, and th
strength more vanquisht, use those Ju
laps we have mentioned in the cure o
Feavers.

But if you perceive by the continue
host, that the Pox hath seized on th
lungs, abstain from these sharp things
and instead of them, use the syrup c
the flowres or of the juice of Elde
berries, being thickned with Suga
for a Linctus: The distilled water c
the flowres of the Elder, sweetne
with the same syrups, is to be used fc
a Julap to strengthen the intestines, an
prevent a flux, mix with it, *Trage*
granorum actes.

CAI

Cap. XXI.

Of the Diſeaſes of the Stomack.

A Weak, cold ſtomack, and of hard digeſtion, is helped by the Spirit *Granorum actes*, which doth great ſtrengthen the ſame, conſumes corrupt phlegm, and helps concoction: eing taken with a little fine white ead and Sugar, in quantity a ſpoonl or two.

The Stomatical ſpirit of the Elder,

Is more efficacious, and is this:

Take of our Acorous roots and Ginger, of each half an ounce.
Of Mynt Criſped, one handful.
Of Fennel-ſeeds and Aniſe-ſeeds, of each two drachms. Being cut nd pounded, poure upon them the irit of the grains of the berries of e Elder, that it may be four fingers ep above them. Let them infuſe twelve

twelve or fourteen daies, every day ſtirring them about. Afterward ſtrain or diſtil from them, the ſtomatical ſpirit, whoſe uſes are many: For it is not only to be taken inwardly, as we have ſaid; but likewiſe externally to be applyed to the cold and weak ſtomack with linnen; for it helps difficulty of concoction, ſtops vomit, and mittigateth all pains and ſobbings, which proceed from a cold temper, or windy humor. If there be nauceouſneſs or vomit, with oppreſſing of the heart, and difficulty of breathing; it is ſuſpicious that theſe affects proceed from tough phlegm, or ſome other putrid humour gathered there, then give two ounces of the oyle of infuſed flowres, or bark of the Elder, with hot water; and by thruſting the finger in the throat, provoke vomit; or give a drachm of the oyle drawn out of the berries and kernels, in a draught of warm Ale, and haſten vomit.

By which means any thing thats trouble to the ſtomack, will be caſt up;

which

which being done, give a spoonful of the stomatical Elder-spirit or simple, well sweetned with Sugar, and imbibed in the heart of Rie-bread for strengthening the stomack.

That Wine which is prepared of the dried berries, as we appointed, is altogether stomatical, and greatly helpeth the weak and windy stomack; whereof you must drink oft, chiefly in time of supper, a cup ful, or two.

Neither is it to be objected, That *Dioscorides* saies, That Elder is hurtful to the stomack, seeing he speaks there of the crude and unprepared, which we acknowledge is hurtful to the stomack, as some preparations thereof likewise are; but experience it self doth attest, that this wine, and other medicines thereof, have great vertue in corroborating and comforting the stomack.

The spirit of Elder-salt, taken in six grains or more weekly in flesh-broth, doth cleanse the stomack, and stir up appetite.

In the burning of the ſtomack, and Cardialgia, proceeding from hot bilous humors, which hath flowed into it from other parts, or hath been ingendred and corrupted there, if it be needful, you may give a vomit of the oyle preſſed out of the kernels. The acetous ſyrup of the Elder deſcribed in the 19 Chapter, is profitable; whereof give an ounce for a doſe, diſſolved in two or three ounces of barley-water. Or make this powder,

Take of *Tragea Granorum Actes, ounces 2.*
Oculi Cancrorum prepared dr. 1:
Sugar roſat. in tablets.
Sugar perlat. half an ounce, mix them.

Of which give a drachm in two ſpoonfuls of the ſyrup, which we now commended.

CAP.

CAP. XXII.

Of the Diseases of the Intestines.

1. *Of the Colick.*

BEcause, besides a bare distemper, a pituitous humor; a vitrious or flatulent, useth oft to be the cause of the Collick; therefore their encrease are to be cut off.

Wine prepared of the berries or flowres, work this effect leasurely: Likewise the water of the bark and roots, mixt with a third part of the syrup of the juice of the buds, and infusion of the flowres; which wonderfully mittigate pain; whereof take oft, an hour before meat, for preserving you, four ounces.

Or where nature is more strong, give a half, or whole drachm of the Polychrestick powder of the buds, in the syrup of the flowres, made thin with Wine.

To dissipate wind, mittigate pain and looſen the bound belly, uſe this Clyſter.

Take of Elder-leaves two handfuls,
Of Elder-flowres and Camomile-Roman-flowres, of each an handful,
Of the ſtones of Elder-berries dryed, drach. 2.

Being cut and pounded, boyle them in pure Wine, or Wine of the Elder, til the Colature come in to eight ounces; add,

The oyle of the infuſed flowres, three ounces,
Of Elder-hony, two ounces,
The Yeolk of one Egg, mix them, and make a Clyſter, apply it hot.

The ſpirit of the berries is of great vertue here, becauſe it diſſipateth not only in the ſtomack, but in the inteſtines alſo; all meſcuſneſs of pituite, and other viſcid humors. By its great diaphoretick vertue, it diſſipateth all thin and ſerous humours in the inteſtines; it warmeth by its penetrating heat

heat the intrails, made cold by drink, aire, &c. and so taken, both inwardly, and anoynted, it stilleth the huge pains that arise thence.

I know a Church-man, which by this Spirit, in a short time, dissipateth the Collick, which is familiar to him, and upon the least occasion bred:

In place of this, use the spirit of the flowres, well purified from its phlegme, *&c.*

The Distilled oyle of Elder-flowres imbibed in silk, and applyed to the navel with a ventose, is a most gentle paregorick.

Whereof also give four drops, in a spoonful of the spirit of flowres or berries. The spirit of Elder-salt, given in the water of the flowres, or in broth, in the quantity of six, seven, or eight drops, by his cleansing and dissipating vertue, preserving from the Collick: But if you perceive by the thirst, intense heat, and constitution of the patient, that these pains arise from the abundance of hot and sharp boylous

humors, or some other hot cause; you are to use these things which I have set down in the former Chapter, in the heat of the stomack; unto which add the syrup of Elder-flowres, which is either to be taken alone, or made thin with the best stilled water of Elder-flowres.

II. *of Worms.*

THe Christaline Salt of the Elder preserveth and freeth from worms: It robs them of their nourishment, kils them, and purgeth them out. The dose is, from half a scruple, to half a drachm, or two scruples.

For those of riper years, which are troubled with worms, you are to prepare in the Spring time, a dish made of Elder-buds, delivered from their bitter naucious taste, by the effusion of boyling water, with oyle, salt, and vinegar, which is to be used as a sallet, before supper: For the oyle closeth the breathing places of the worms, and

and maketh the belly slippery: Salt and vinegar cleanse, cut, and kil the worms. The Elder buds doe loosen the belly, purge the worms, and thrust forth their fuel. That this sallet may be more pleasant, you may add some tender leaves of sorrel, which likewise resist worms. At other times the powder of the buds, taken in the morning for a few daies, a scruple at once in broth, is commendable.

Give to more delicate persons frequently, a spoonful of the syrup of the juice of the buds; with which mix half a scruple of prepared Hearts-horne. Some press out the juice of the recent leaves, and mix it with honey, or honey-roset, and give it sometimes before other meat, and by this means kil and purge out worms.

Where the stomack and intestines are furred and filled with a greater quantity of tenacious putrid pituit mucilage; give twice or thrice the Polichrestick powder of the buds in their syrup.

III. *Of Lienterick, and Celiaick Fluxes.*

Albeit, at the first sight, the Elder seem not fit for fluxes; notwithstanding, in Lientiries & Celiaick fluxes, where the meat and drink are either in that form in which they were received, or else half concocted, and not much altered, voided out of the body sooner then was fitting, by reason of the weakness of the retentive faculty of the stomack and intestines, proceeding for the most part from a cold and humid distemper, the spirit of *Granorum Actes*, both simple and stomatical is used with a great deal of profit: Therefore a spoonful or two of it is oft to be given with Rie or Wheat-bread; or being imbibed in a double linnen cloath, applyed to the stomack, or abdomen.

Moreover, *Tragia Granorum Actes*, and the cordial powder prepared of it, is profitable; whereof give twice a day,

day, *viz.* morning and evening before meat, a drachm in three or four spoonfuls of generous Wine.

For drink in time of meat, you may use Wine prepared of Elder-berries dried, Cinnamon and Cloves.

IV. *Of the Dysentery.*

IN the Dysentery, which is a bloudy and painful emptying of the belly: *Oswald Crollius*, from their Signiture, commends the Elder-berries; of which the Chymists; but chiefly *Quercetan* in *lib.* 1. *cap.* 2. of his *Dogmatick Pharmacy*, describes this Tageam, communicated to him by D. *Wolfius*, Professor in the Universty of *Marpurg*, so often mentioned and commended by me in this Treatise.

Press the juice out of the Elder-berries when they are ripe, which is in Autumne; of which Juice and Rye-flowre, make Paste, work it wel, and thereof make little Cakes, which in an Oven are to be baked to the hard-

neſs of Bisket, that they may be reduced to a ſubtile powder; which powder is again to be imbibed in the juice, and made in paſte, baked and pulveriſed as before. And this is to be done the third time.

At laſt, all being done, reduce it again to a ſubtile powder, it wil keep long, and is a hid ſpecifick againſt a Dyſſentery. Take a Drachm of this, and as much of the powder of a Nutmeg, incorporate them wel with a ſoft roſted egg, and ſup it up.

This is called, *Tragea Granorum Actes*, that is, a powder of the grains of Elder. And thus far *Quercetan*.

Others prepare it thus: Take Riebread hot out of the Oven, moyſten it with the juice of Elder-berries; and bake it again in the Oven; being dry again, moyſten it with the juice of Elderberries; and doe ſo four or five times; then reduce this bread into powder, whereof take a drachm alone, or a half, with as much nutmeg-powder. Of which ſee the famous *Sen-*

nert:

nert. in the tenth Chapter of the Treatise of the Dyssentery. But a care must be taken that the belly be not over-soon stopped, but place must be left for the evacuating of sharp humors, lest that befall which hapned to the Maide mentioned by the learned *Fernel.* in *lib. 6. Cap. 9. Pathol.*

Therefore, to purge the sharp humors, and mittigate the cruel pain, give two or three daies before you use the Astrictive, in the morning one ounce, or one ounce and half of the syrup of Elder-flowres, prepared by three infusions in three ounces of Barley-water, or in the water of Elder-flowres. You may with profit add to this, one scruple, or half a drachm of white Mechoacan subtilly pulverised; for it gently purgeth and bindeth the belly.

After three daies are past, and we have used all necessary evacuations, and clangings, and pain for the most part is ceased, then we may more safely use our *Trages*; for it doth not only

restrain

reſtrain the belly, but together with this, gives a contrary motion to theſe ſharp and ſalt humors, by little and little diſpoſing them for ſweat; if it be taken twice a day, morning and evening, mixt after this manner, yet with a faſting ſtomack.

R. *Tragea Gran. Actes, drach.* 1.
The Spirit of the flowres of the Eld. Gutt. 35.

They being well wrought together in a Marble Morter, pour on it by little and little,

The water of Tormentil-roots, an ounce and half.
The Syrup of the juice of Plantaign, half an ounce.

Mix them and uſe them hot, they will diſſipate the malignity by ſweating and evaporation, and will bind the belly by ſtopping the flux of the humor.

The ſame things may be uſed in a Diarrhœa, or white-Flux.

V. *of*

V. *Of Conſtipation or boundneſs.*

THe Leaves of the Elder are commended to thoſe that are in health, to open their womb, by *Egineta*, and *Hippocrates* in his ſecond book of Diet.

This ſame is performed by the diſtilled water of the leaves and bark, with which a third part of the ſyrup made of the infuſed flowres, or of the juice of the berries or buds, is to be mixed with it, to make them of a more pleaſant taſte.

The ſame ſyrups being taken alone, looſeneth the belly; or drink a draught of Wine at your breakfaſt, or in the morning, having taken a little broth; or take a drachm of the powder of the buds in Plum-broth, or a ſoft roſted Egg: Or uſe in place of this, the Conſerve of the buds. The recent Rob of the Elder ſpread thick upon a ſlice of bread, and eaten before other diſhes, is our Wives domeſtick Medicine,

cine, which they use likewise in their Infants and Children whose bellies are stopt longer then ordinary; for this Juice is most pleasant and familiar to children, chiefly if in time of thickning of it, you do add a little Sugar, as hath been told.

VI. *Of Hemmorhoides.*

THere is nothing more excellent to ease the pain of the Hemmorhoides, then a stove or fomentation made of the flowres of Elder and Verbasie, or Honey-suckle, in water or milk: for in a short time it easeth the greatest pain. I experimented this first in a Countrey Miller, then in a City Baker: which both did wonder at the sudden ease, and have great quantity of the flowres in readiness beside them, to use when necessity shall require.

The anointing with the oyle of the infused flowres, mixed with a third part of Unguent Populeon, is Anodine.

Or

Or take of the Infusion of Elder-flowres, half an ounce.

Of Elder-kernels, and Yeolks of Eggs, of each two drachmes.

Of white Wax, enough, making according to art, an Unguent.

To stay the Hemmorhoides in a night, a singular Cataplasme is made of Elder-leaves boyled in water, to the consistency of a Poultice, and mixed with Oyle-Olive spread on a Scarlet cloath, and apply it warm to the Hemmorhoides, being oft renewed through the whole night, the Patient lying on his face, is commended by *Alexis* in his Secrets.

By what means their flux is to be stopt, is set down in the stopping of the Hemmorhides in the nose, and monthly terms, and in stopping the bloud in wounds.

Mark, that for the falling of the Anus, amongst other things, the outmost bark of the Elder is commended by *Mindererus*, *Cap. 7. M. M.*

CAP.

Cap. XXIII.

Of the Obstructions of the Mesentery, Liver, Milt, from whence proceed both the Faundies and Scurvie.

TO hinder and cure these obstructions, drink in the morning, and the beginning of the repast, a cup ful of the Wine of Elder-berries, for some daies and weeks; for it cutteth the thick, tartarious, serous, and bilous matter, it cleanseth, evacuateth, and by opening obstructions, and purifying the blood, gives the body a more fresh colour, especially if once at least in the week, you mix with it a half, or whole drachm, according to the parties strength, of the Polichrestick powder of the buds.

In these diseases, this following powder is commended.

Take of the Elder-buds dried in the shade, drach. 2.

of

Of Cristaline Elder-salt, scrup. 8.
Of wormwood, scrup. 4.

Make of all a subtile Powder, and give a scruple, or half a drachm thereof in broth in the morning, for many daies, commanding him to fast four hours, and use moderate exercise. Those that are not pleased with the Powder, may form it into Pils, with the rob or juice of the berries, and drink broth above it.

A Lixive made of Elder-ashes, prepared with Wine, or the water of the flowres, powerfully unlocks obstructions, and attenuateth and changeth bilous and tartarous humors. Whence it is a profitable Medicine in the Jaundies, some spoonfuls thereof being taken morning and evening, dulcerat to sugar, hony, or Elder-hony.

Oximel *Sambucinum* taken in an ounce and half weight dissolved in the water of the flowres or bark, is more meek and pleasant.

Or where the heat is greater, and a Feaver joyned, an ounce and a half of the

the Acetous syrup of the Elder, dissolved and given at one dose.

Some commend four or six drops of the oyle of the flowres of the second description, in a spoonful of the spirit, or best water of the flowres; give it twice a week, and command moderate exercise.

In this case the spirit alone, the rob, and its extract are safe Medicines. For whilst the sink of the belly is emptied by the Polychrestick powder of the buds, they provoke sweat by their penetrating vertues, they unlock the obstructions and crammings of the Mesentery, Liver, Milt, and Gall; and cut and prepare the thickness of humors.

The yellow middle bark is commended by his Signature for the yellow Jaundies, by *Crollius de Signaturis rerum*. 'Tis therefore to be macerated in Wine, with one or two Jews ears; of which strained, drink a sound draught morning and evening. Or you must use the distilled water thereof;

or

or the syrup made of its juice: For besides that they open the belly, and evacuate hurtful humors, the Medicines prepared of this bark, have great vertue to open all obstructions.

Six drops of the spirit of Elder-salt, taken in broth, is commended.

In the Scurvie, having premised these purging and cutting Medicines, the greatest hope of health and helps is placed in evacuating the serosities by sweating: whence *Plater* affirms the Rob of Elder-berries, or Walwort, to be very convenient, adding to three ounces of these, one ounce of the syrup of Popie. The dose, drachmes 2. The extracts of these are more convenient and penetrating, of which give one scruple, or one drachm, in a spoonful of the spirit of Elder-flowres, or of *Carduus Benedictus*, or of Scurvigrass; and then let him provoke sweat in his bead, or in a dry Bath:

To-

Topicks:

EXternally anoynt frequently the Hypocondriacks, where those bowels are placed, with the oyle of the infused flowres, which the ordinary and us'd despensatories affirm to cure the Jaundies, and help the stopt Liver.

In a hard and Scyrus Milt, boyle the leaves of Elder in Wine and Oyle, to the consistence of a Poultice which are to be put through a serch or setace, then mix therewith as much of the meal made of the flowres of Elder and Cammomile, as will suffice; then apply it hot like a Cataplasm.

This Cere-cloth, or Serat, is commended, for mollifying and digesting scyrous tumors.

First boyle twice or thrice recent Elder-leaves in the oyle of the infusion of Elder-flowres, still pressing the leaves well, before you put in new ones. Then,

Take

Take of the oyle so prepared, ounc. 3.
Of the powder of tender Elder-leaves one ounce and half.
Of Turpentine and yellow Wax, enough.

Of which apply every day to the place affected; some of this spread on a piece of Leather, cut like a Cowes tongue, and covered with a fine linnen cloath.

The Scorbutick persons amongst other symptoms, which I have neither time nor place to mention, are troubled with a pain in the soals of their feet, and tops of their fingers, which the famous *Sennert:* affirms to be cured by this:

Take of Elder-flowres, two handfuls; boyle them in Wine, adding two drachmes of sope spread on a cloath, and applyed to the diseased part.

CAP.

Cap. XXIV.

Of the Hydropsie, and its kinds.

I. Of *Ascites.*

SEeing this depends of serous humors, fallen into the Abdomne; and seeing the vertue of the Elder is to exsiccate and draw water from the belly, by the consent of *Dioscorides* and all Phisitians; there is no man that doth not perceive that the Elder is of great vertue in this Disease.

Purging Medicines.

First then boyle in Wine, in a close vessel, those middle barks of the Elder, with one or two Jews ears; sweeten the decoction; and for some daies give it to the diseased party, morning and evening, to drink.

Some praise this, Take of the middle bark subtilly grated, as much as you

you will, boyled in a sufficient quantity of Goats milk, that being put through a searse, it may acquire the consistence of a syrup, or honey; of which give an ounce, or an ounce and a half, for certain daies in white-Wine. The water of the succulent middle-bark, distilled in the Spring-time, and given with a third part of the syrup made of the juice of the buds, or roots, is used in two or three ounces weight.

Quercetan in the firk book, and seventh chapter of his *Dogmatick Pharmacy*, commends this purging water of the berries; Take the seeds or berries of the Elder and Ebulus perfectly ripe, which is in Autumn; out of these with a Press draw out the Wine or Juice, shaking out the inmost kernels, and mixing them with the rest, distil them.

This water which is Cohobat thus upon the dregs, hath a notable efficacy in purging, and chiefly of serous humors; let it be aromatized with Cinnamon,

namon, Coriander prepared with the juice of Lemmons, and such like; it may be given to Hydropick persons, from one ounce, to two. Thus farr *Quercetan.*

For example, R: Of the water preserved, ounces two; Syrup or juice of the berries and buds, of each one ounce and half mixed. Of this composed water, you may see more in the cited place of *Quercetan.*

Of the Wines we have often made mention before, chiefly in the second Section; nevertheless we will set down this of *Quercetans*, in his first Book, and ninth Chapter, because it differs little from others; The seeds are to be prest, and the juice drawn out, which being mixed with a double quantity of the must of the best white Wine, is to be put in a Hogshead of convenient bigness, till it be fully digested and fermented.

Note, That it is better, if it be done in a close Hogshead, that is, if the Hogshead be not altogether full; but

but at leaſt the third part be left empty, and be well cloſed, that nothing do exhale. Which being done, and the fermentation being in a moneths time finiſhed, the hogſhead is to be opened, and to be filled up to the brim with Wine, wrought after that manner with the juice of berries in another hogſhead.

This Wine doth purge all ſerous humors, and much helpeth Hydropick perſons, the doſe is a cup, leſſer or ſmaller, as the ſtrength of the perſon is.

Dioſcorides writeth, that the root being boyled in Wine, and given to Hydropick perſons in their meat, doth help them.

Whoſe juice being preſſed out, doth purge upward and downward like Antimony; as *Mindererus* witneſſeth in his *Miditary Medicine*, *C. 6.* So that we are to uſe it warily, and onely ſo much in quantity, as the half of a Walnut-ſhel will hold, as he honeſtly informs.

He commends there likewise a Sallet made of the buds, oyle, salt, and vinegar, which we have set down in the cure of the intestine diseases, *Foreſtus*, *lib.* 19. *obſervat.* 44. affirms, That by long experience he hath learned, that the leaves of Elder being put in Hydrogogick decoctions, do excellently purge water, chiefly in the Hydropsie.

The same *Foreſtus* in the same book, and 87 *Obſerv.* hath this, The bark of the root of the Elder reduced in a Succus; the dose is two ounces, in fragrant Wine. *Benedic. Veronenſis* writes, that some give four drachmes of the juice of the bark of Elder-roots. Others give for 9 daies together the juice of Elder-bark-roots in a pritty quantity, or an ounce in the waning of the moon, and so cured hydropick persons: for it bravely purgeth water; as the middle bark of the Elder doth likewise. *Nicholus* at one time gives six ounces of the decoction of middle-Elder-bark: The same man giveth

giveth two or three drachmes of the juice of the Elder, and of the juice of Ebulus four drachmes to an ounce. Some give the juice of the middle-bark of the Elder, with Oximel. Thus far *Foreſtus.*

And this I have ſet down, that all may know there was great difference of the doſe amongſt the Antients. Nevertheleſs let him obſerve faithfully *Mindererus* his doſe, till he know the vertues exactly of each.

Muller in his Medicinal Myſteries ſaith, this is the perfect cure of the Hydropſie; ℞ of the juice of the recent roots of the white Lilly, and of the juice of the green middle-bark of the Elder, of each one ſpoonful. Take it in common water, or thin Oximel, ever after three or four daies: This purgeth the belly ſtrongly. For the tumors that are left about the knees, feet, *&c.* Lay to them the leaves of the great Bur-docks: For they draw out the water.

The Polychreſtick powder of the

buds in a drachm, given in white-Wine sweetned with Oximel of the Elder, or syrup of the juice of the berries, is commended in this disease.

Or, *Take of the Polychrestick powder of the buds, four scruples.*
Of Gum of Peru, of Galingale; of each half a scruple.

Make an exact mixt powder, it is to be given in what liquor you please, at two times to a patient that is not yet weak; for it powerfully evacuateth serous humors.

If the form of powder displease you, work it with the syrup of honey of Elder in form of Pils, or with the Rob of Elder in form of a Bole.

Hydroticks, or Sudorificks.

If by these Catharticks, the body be emptied well enough, then you may safely proceed to Sudorificks, and Diureticks: For if we proceed otherwise, the whole stream will be devolv'd on the reins and ureters, where-

by the gathering together thereof, grievous ſymptoms will ariſe.

The Rob of the Elder, and its extract, are Sudorificks: The firſt whereof given in two drachms weight, is commended by the *Auguſtans* for this purpoſe. The ſecond is to be in as many ſcruples, diſſolved in the water and vinegar of Elder-flowres, for one doſe.

Or where the Liver is more cold, and the urine leſs red, give a ſpoonful or two of the ſpirit of the berries, or tincture of the Elder, made thin with the water of the flowres, and ſweetned with the ſyrup of the juice of the berries. Then in bed, or in a dry Bath, provoke ſweat.

The ſpirit of the flowres is more gentle, nevertheleſs it excellently provoketh ſweat, and dryeth ſtrongly the water of the Hydropick perſon, eſpecially if it be well rectified.

Diureticks, and which move Urine.

Besides those rehearsed, these that follow, are Diureticks. The salt of the Elder, with a third or equal part of the salt of Wormwood. The dose from a scruple to half a drachm.

The spirit distilled from the salt, powerfully moveth urine, and drieth moysture; six drops thereof are to be given in broth some daies.

Where the bowels are more hot, and the urine more red, which is oft-times a deadly token in Hydropick persons, instead of these, give three or four ounces of the Acetous syrup of the Elder dissolved in the water of the flowres and leaves, of each half a pound; whereof four or five ounces are to be drank before meat twice a day, morning and evening; the poor mans Euporist *vid.* A Lixive prepared of Elder and Juniper-ashes, with one part of white-Wine, and three parts of

of simple water, or the distilled water of Elder-flowres; whereof give a cup full twice a day to the patient, fasting, and command moderate exercise for half an hour, or longer, if it be possible; add to it a sufficient quantity of Sugar and Cinnamon, to make it smel, and taste more sweetly.

The Experiment of Emylia, Countess of Isinburg.

And seeing we have made mention here of Diureticks, I will not pass by this Receit of the Countesses, by which alone she cured many poor people of the Hydropsie; in which, albeit much is to be attributed to the potion it self, nevertheless I ascribe the chief effects of this happy Medicine, to the Wine prepared of the Elder flowres and sponges; which the Nydropick use in time of their cure; therefore I have set down the whole course of the cure, as it is faithfully

communicated to all the true Sons of this Noble Art, by the famous *Finck.* in the 26 Chapter of *Enchirid.*

Take of old Acorns unshelled,
Of the old roots of Parsley,
Of white Oculi Cancrorum, of each two scruples and an half.
Of Sugar,
Of Cinnamon, of each one drachm.

All are to be subtilly pulverised and searced.

Before the diseased person altogether lie down, first let him moysten three shives of wheat-bread in strong Wine, may be it would not be beside the purpose, if before in that Wine he had macerated some Elder-flowres; then presently let him sprinkle upon these shives, four scruples down-weight of that powder; and at night, before he go to bed, let him eat it, and go to bed and sleep above them.

Secondly, on the day next following, early in the morning let him eat as many shives of bread so prepared, and fast one or two hours after.

Thirdly,

Thirdly, on the same day at night let him eat the same preparation, eating and drinking nothing above it, and so go to sleep.

In the mean time this diet is to be observed; Let the diseased person abstain from fish, swines-flesh, hearbs, cheese, cold water, thin and superfluous drink: Let him use Wine prepared after this manner, which I esteem to be the chief part of the cure.

Take of the whole dried umbels of Elder-flowres, three,
Of Jews-ears exsiccate in a dry aire, two,
Of white Wine, two quarts; or for the use of a middle-child, one quart.

Let them stand all night in infusion, and the patient may drink thereof at his pleasure; but let him abstain from all other drink, till the tumor be evanished.

Mark, if the patient by this cure, find not an evident alteration, and abating of the tumor, he may after a fort-

night

night renew the cure; and without doubt, by divine assistance, he shall recover his former health.

Topicks.

Apply outwardly to the tumified parts, a Cataplasm of the juice of the green bark and leaves of the Elder, incorporate with Goates dung, which hath an eminent vertue in digesting those salt and wateriſh humors.

Or anoynt the tumified parts, with the oyle of the bark and leaves, prescribed before in the second place; unto which add this same dung, to give it consistence.

The tincture drawn out of the rob, and juice of the berries, doth excellently discuss and dry, if it be rub'd on the belly, and leggs.

Or, Take a sufficient quantity of the leaves and bark, boyle them in a common Lixive, wherewith foment the belly and tumified parts, twice a day.

The

The vapour of which decoction, held under the Hydropick legs, draweth the serosity from thence; and discusseth it by sweat; it must be powred on hot bricks in a close vessel, that the vapour may come to the heat.

Others bid the feet and leggs only to be bathed in a decoction of the leaves, wherein a handful or two of common salt hath been dissolved.

Note, that the pith of the Elder being pressed with the finger, doth pit, as Hydropick feet do; therefore the juice of the Elder, and the distilled water of Jews-ears are profitable. *Crollius de Signaturus rerum*, hither you may transfer the example of the Hydropick and gravelly clown, as it is set down in the Chapter concerning the Stone; who was cured by the use of the pith of the Elder.

II. *Of Anasarca, or Leucophlegmatia.*

IN Anasarca, or Leucophlegmatia, having premised lighter purges, you are immediately to proceed to Sudorificks, and cutting Medicines, which we have set down, made of the juice, extract, and spirit of the berries, and so forth.

For by these, the serosity that resides in the Musculous flesh, and swels the members, are discussed; and the desired heat is restored to the cold and weak members, and the intrals appointed for nutrition, are opened and strengthened.

The wine of the flowres of the Elder is excellent for ordinary drink. By which alone tis manifest, that some after long feavers, and other Chronical diseases becoming Leuco phlegmatick, did in an instant untumifie: wherefore may be that experiment of *Emylia* the Countess, were more fit to be used

uſed in this, then in the Aſcites.

Note, There was a certain Citizen of *Haina*, who for two years being vexed with a continual falling again into feavers; and after that, became Leucophlegmatick through his whole body, by my advice he was cured by theſe following; Firſt I deſired him to uſe Wine wherein the Elder-bark and flowres, and the tops of wormwood in equal parts were infuſed, thereby to open the obſtructions of the Meſeraick veſſels, and to purge the ſerous and pituitous inundations of the firſt region. Of which, every morning, after he had taken a little broth, he was to take a good draught. From which time, after the belly had for a few daies anſwered the Medicine, I deſired him to ſwallow a pritty ſpoonful of Elder-rob, mixt with Hearts-horn; and having drank Vinegar of the Elder, mixed with Wine, go to ſweat in bed; which being done twice or thrice, his whole body did detumifie; a more lively colour, and

laudable

laudable appetite did return; neither to this day hath appeared any resididity of Feavers:

While I was writing these things, a grave Matron told me this History; she was almost threescore years old, being troubled for some weeks with a white Flux of the belly, she fel into an Hydropsie, so that her belly and flesh wonderfully swelling, her strength marvelously decayed; her daughters being amazed, and doubtful of their mothers health, they went to a Physitian their kinsman, then famous in this Country, they earnestly desir'd his councel & help. Who albeit he was terrifi'd by her weakness proceeding from her age and sickness, to use any cure; yet nevertheless through their intreaty, he appointed some comfortable things, amongst which he chiefly commended the conserve of Elder-flowrs, and commanded each morning half an ounce should be given her thereof; by which alone, through divine assi-

ance,

ſtance, ſhe was in a ſhort time recovered, and lived till ſhe was fourſcore years old, to the great wonder of all thoſe that ſaw and heard it.

III. *Of a Timpany.*

SEeing of this diſeaſe the belly is ſo ſwelled of flatuoſities, that it ſounds like a drum, if it be beat on; and that theſe flatuoſities do proceed from no other cauſe, then from a weak ſtomack; the ſtomack is to be ſtrengthened, and the flatuoſities diſcuſſed.

Theſe indications, a Purge being premiſed, if needful, are wel ſatisfied by the ſpirit of *Granorum Actes* ſimple, and ſtomatical, commended much before, for a weak ſtomack, ſeeing it not only ſtrengtheneth, but likewiſe by his ſubtile faculty, penetrateth the moſt ſubtile paſſages of the body; and diſcuſſeth all flatuoſities; chiefly if the doſe of the Carminant-ſeeds, of Aniſe and Fennel-ſeeds be augmented:

ed: Give every day a spoonful, and anoynt the belly with the same.

Or, *Take of the Spirit of the Stomatical Granorum Actes, two ounces,*

Of the Elder-flowres, one ounce and an half,

Of White-Sugar-Candy pulverised, one ounce, mix them.

The dose, one or two spoonfuls.

Benedict Victor Tavorin. in 25 *cap.* of his *Empiricks* hath these: I saw a wonderful effect in curing the flatulent Hydropsie, every morning in the dawning, this drink was given to the patient.

Take of the water of the roots of Danewort, two ounces,

Of the Elder, four ounces, mix them.

Continue without interruption, this drink for thirty daies, and a wonderful effect will follow. But I would ever add some of the syrup of the berries or flowres, seeing the distilled water given alone, much troubleth the fasting stomack.

CAP.

CAP. XXV.

Of the Stone.

IN the Stone of the Bladder, a Laxative of the Elder Locusts, which is most useful in this, and other diseases, because it only helps nature naturally to go to stoole, *Petræus Nosolog. harm. dissert.* 40. *Thes.* 53.

The Wine made of the flowres and berries, help greatly here; for first they disburden the stomack and intestines of that serous and mucid humor, whereby pure Chyle, and less impregnant with those tartarous tinctures is brought to the Liver. When it is that the serous comes not so impure and muddy to the urinal passages. And besides, if any slip be committed here, and the tartarous humor be gathered together in these vessels, this Wine changeth them, and with the urine, thrusts them out of the body: Drink it fasting in the morning, the dose

dose a cup full, having supt a little broth before it.

An Anodyne and Emollient Clyster may be made of the decoction of the flowres and leaves of the Elder unto every eight ounces of the strained decoction, add three or four ounces of the oyle of infused Elder-flowres if we wil change more, poure this decoction through the ashes of Elder-leaves a little, and mix with it, beside the oyle, two ounces of Elder-honey.

The Pith being cut and swallowed is commonly much praised for moving urine, and purging those dregs. And I know a man, who being troubled with the Ascites and Stone, by the perswasion of a Country-woman, used only this Pith; having avoyded these dregs, and much serousnes daily by his urine, was cured of his Nephritick paines and Hydropsie.

There are some, that cutting it in thin shaves, infused it in the spirit of the berries; and after a fortnight, press

eſs the pith ſtrongly, and ſtrain the rits, and give a ſpoonful of the cola-re, which they commend much.

The Lithonthryptick Elder-Spirit.

Take two ounces of the Elder-h, cut as is ſaid: put thereon as ich of the ſpirit of the berries well ſtified, as will cover it. Let them nd ſeven daies in a hot place, in veſ-s well cloſed, that nothing evapo-e. After preſſing the pith, ſtrain-d the ſpirit a few times: Put into e Colature ſome bruiſed Juniper-rries, *viz.* two ounces. Leave it ewiſe for two daies in infuſion, in a t place, in a cloſe veſſel: After-ard preſs it again, and ſtrain it. Again uſe as much Juniper-berries into e colature, and leave it for three ies in the infuſion, and again eſs it, and ſtrain it, and purifie it om all the feculent grounds, as much you are able. And ſo you have the one-break ſpirit of the Elder, indued with

with the eſſence of Elder-pith, a
Juniper-berries; which you are
keep in a ſtopt cloſe glaſs, whoſe uſe
excellent in breaking and expelli
the ſtone, eſpecially if it be uſed
followeth.

Firſt, the nefritick perſon is
purge his belly with Polychreſti
powder of the buds, or with the Cl
ſter preſcribed a little before; and h
ving anoynted his loynes with Elde
oyle, he muſt go into a Bath made
Peaſ-ſtraw and Mallowes, the flowr
of Elder and Cammamile; afterwa
let him drink a ſpoonfull of this ſpi
in white-Wine, and ſtay in the Ba
till he avoid the Stone. And to avo
ſwouning, let him hold to his noſe,
ſponge dipt in Elder-vinegar, and l
him moiſten his pulſes with this ſam
vinegar, or ſome cordial Epithem.

This Medicine hath its origin
from the experiments ſet down in th
Dutch *Matthiolus*, and is called
wonderfull Medicine, by *Muller*
his Myſteries Medicinal. Neverth
le

this is to be preferred to that, in re: ct of the vertues it hath from the n, or ſpirit of the Elder, to break ſtone.

A Stonebreak, Eſſence, or Extract.

He that pleaſeth may prepare an cellent Eſſence, or Extract, againſt ny & tartarous diſeaſes, as followeth:

Take of the Pith of the Elder, one ounce,
Of the dryed Berries of the Elder,
Of recent Juniper-berries, of each an ounce and half;
Of Liquorice mundified, ſix drachmes.

he Pith and Liquorice are to be cut ſmall pieces, and the berries groſly wdered; being mixed, let them be uſed in a ſufficient quantity of Elder irit; and let them ſtand in a hot place r a fortnight together, ſtirring each y the glaſs, and ſtopping the mouth thereof

thereof well; that time being ende
put them in a linnen bagg; and in
preſs, preſs them ſtrongly; put t
ſtrained liquor in a Cucurbit, and pu
ting to the Alimbeck thereof, diſt
that ſpirit in Balneo, till that which r
mains in the bottom, become as thic
as honey, having mixed before with
two drachmes of the Magiſterie, c
ſalt Oculor, Cancror. being mixe
keep them in a Glaſs-veſſel: where
give from a ſcruple to a drachm di
ſolved in a ſpoonful of that ſpirit tha
was diſtilled from them: and in th
water of Linaria, diſtilled with Rhen
niſhwine; obſerving thoſe things whic
were preſcribed before, in the admi
niſtration of the ſtonebreak ſpirit o
the Elder.

The Salt of the Elder is commenda-
ble in ſalt and tartarous Diſes, given
alone, or mixed with the former ex-
tract, in a convenient liquor, 8 or 6
grains of the ſpirit of ſalt, doth cleanſe
all theſe tartarous muddineſſes.

Dy-

Dysuria, and Ischuria.

In the difficulty of making water, nd in the not making water at all, hese Medicines are excellent; seeing hese symptomes arise from a muddy nd mucid humor, or from a glewish oughness, that obstructeth the urinal assages.

But chiefly the stonebreak extract f the Elder is good in this case; hereof give a scruple in the water of he flowres of Vinaria, and the dis- ased, is to be fomented about the se- rets, with the decoction of the Radish nd Vinaria. *Pliny* saith, that the stones eing drank in two ounces weight, ove urine.

Cap. XXVI.

Of the Affections of the Womb.

TO mollifie and open the secrets of a woman, and cure the diseases about them, it is affirmed by *Dioscorides*, to be done by incession, made of the Roots of Elder boyled in water.

I. Of the stopping of the Monthly Terms.

MAny Medicines made of the Elder are to be used in the defect of the monthly Terms; which for the most part proceeds from a gross bloud, or tough humor, closing or obstructing the orifices of the Histerick veins.

First then, you are to use things which open the belly, and disburthen it of that putrid filth; give them therefore

fore to drink, the wine of the berries, which looseneth the belly, and maketh thin the bloud and grosse humors.

The distilled water of the middle-bark, mixt with the purging water of the berries, prepared as *Quercetan* directs, serves for both ends: The dose is three ounces, with one ounce of the syrup of the berries, bark, or buds.

Which if you desire to be more Cathartick, add to it half a drachm, or as much as sufficeth, of the Polychrestick powder of the buds.

The Elder-rob, with the powder of the white Dittany, or of Pimpinel, is the womens Medicine. *Gabel Shover* hath this:

Take of ripe Elder-berries,
Of Rosemary, of each, one handful,
Of Pimpinel-roots, half an ounce.

Boyled in a quart of strong old Wine; whereof drink a good draught warm each morning, for three daies, before the time of their courses, and let

them fast two houres after.

The spirit of the berries is likewise usefull, which by its subtility passes through the whole body, and through the least vessels thereof, cutting and attenuating the grossnes of the humors; it may be taken the same time before the courses use to flow: The dose is a pritty spoonfull, in Wine, or some distilled water; in place of the simple spirit, you may take the Hysterick described hereafter in the same quantity and manner; for his vertue is great, in moving the courses.

The oyle of the second description is commendable, if two or four drops thereof be added to these spirits.

In the Scyrrous disposition of the matrix, where the cram'd humor is hardened into a Scyrrous, closing the orifice of the veins, and stopping the courses: Besides these Medicines, you must make incessions of the leaves and root of the Elder, boyled in water, as *Dioscorides* commands.

Let there likewise be an oyntment made

made of the oyle of the infused flowers and leaves, mixed with the fat of a hen. This same fat dissolved in the decoction of the roots and leaves, is to be injected into the womb.

II. *Of the flowing of the Courses.*

TRagia granorum actes, excelleth in stopping these; whereof give half a drachm, and as much Nutmeg in a soft egg, or red Wine, singed by the quenching of red-hot gold in it.

Take of Tragea Granorum Actes, half an ounce.
Of Nutmegs, a little roasted,
Of the roots of Tormentil,
Of red Coral prepared with Rose-water, of each two scruples.
Of Sugar-rosat in Tablets, six drachmes.

Let them be mixed for a *Tragea*; whereof take morning and evening, two drachmes for a dose, in the former liquors.

If the bloud be too ſerous and fluid; that ſerouſneſs is either to be purged gently by the belly, or by weak Hydroticks by ſweating; whereof we have ſpoken largely in another place.

Gabel Shover hath this; Give to the woman in the morning, three ſpoonfuls of the beſt water of Elder-flowres, and command her to faſt three houres after.

III. *Of the Suffocation of the Matrix.*

SEeing this moſt perillous Diſeaſe dependeth from a malignant and cold aire, exhaled from the womb and uterine veſſels, to the Midriff, Heart, and Brains, the womb is to be purged of all malignant and putrid humors, and the ſtrength is to be corroborated.

Apply here thoſe things which were ſet down in the ſtopping of the Courſes; both becauſe theſe uſed not to be

the leaſt and ſeldomeſt cauſe of theſe malignant vapors; and likewiſe becauſe the Medicaments purge and diſſipate theſe uterin filths, gathered upon whatſoever occaſion.

A half, or whole ſpoonfull of the ſpirit of the flowres or berries of the Elder, greatly availeth here, both out, and in time of the fit, for both powerfully diſcuſs theſe cold and poyſonous vapors, evacuate out of the utrenal ſink, and vindicate the more nobler intrails from their infection, and reſtore freer breathing. *Gabel Shover* taketh a handfull of Jews-ears, and infuſeth them in a quart of the ſpirit of Wine; of the which he giveth the diſeaſed a full draught in time of her fit.

The Antiepileptick Elder-ſpirit, if it be uſed inſtead of the Juniper, is good; and with it anoynt the belly below the navel, toward the ſecrets.

Or prepare for this, and ſuch diſeaſes, this that follows.

The Histerick Spirit of the Elder.

Take of the middle bark of the Elder, one ounce,
Of the Roots of white Dittany,
Of round Birthwort, of each three drachmes.
Of the dri'd leaves of the Elder, one handfull.
Of red Artimesia, or Mugwort,
Of Parsley, of each half an handful.
Of the flowres of white Lillies, two drachmes.
Of clean Jews ears, three in number:

Being cut, infuse them in a competent quantity of Elder-spirit, that it may be a hand-breadth above them. Let them stand in infusion for ten daies; and every day stirr them twice; afterward distill them in Balneo, for the Histerick spirit; of which give a half, or whole spoonfull in time of the fit, and with the same anoynt the lower belly, by rubbing it in, as hath been prescribed.

Not

Not only in the suffocation of the Matrix, which by excellency is called the Hysterick passion; but also it is excellent for the stopped flowres, and other cold and moist diseases of the womb.

It helpeth likewise to expel the dead child and secondines, if after universals, and topicks, a spoonfull thereof be given in white Wine, or some distilled water, three or four drops of the oyle of the flowres of the second discription, being mixt therewith.

Extractum Granorum Actes Hystericum.

Of the ripe grains of the Elder dried in the shadow, *Quercetan* forms an Extract, which is a specifick Hysterick, and is called of the Chymists, *Extractum Granorum Actes*. It is thus prepared.

Gather a great quantity of the grains of the Elder well dryed in the shadow; and having thrown all the rest

of the berry away, reserve the grains only; with which fill a long-necked great Cucurbit, to the middle; put upon it the strong spirit of wine, made acid with the acid liquor, either of Vitriol or Sulphure, that it may be three or four fingers broad above the matter; the vessel being closed, that nothing may breath out: Digest it for five or six daies in B. M. till the spirit of the wine receive the tincture of a Ruby, which you shall separate by inclination, having a care that none of the dreggs, or troubled matter go with it.

Of which tincture, not having separated its menstruum, that is, the *aqua vitæ*, which without any corruption or alteration, will be kept long; unto which you may add a little Sugar, if you will make it have a more pleasant taste; you may give a half, or whole silver spoonfull to women troubled with the suffocation of the Matrix, shall be unexpectedly, and as it were,

were, miraculously weakened, and restored to their perfect health.

Again, if you will separate from it the *aqua vitæ* by an Alimbeck in *Balneo vaporoso*, till the extract remain in the bottom, of a most excellent red colour, whereof give a scruple for a dose, in its own proper distilled water, or in other convenient waters, or in white-wine, and it will become red. Thus far *Quercetan.*

The Uterin mixture which I used to prepare, is this;

First I take the berries of the Elder, dried in a slow heat of the Bake-house; of Mugwort, and of Castoreum, as much as I please; I put upon each of them by themselves, in a Viol, some of the rectified spirits of the Elder, and draw out the essence according to art; and I purifie each one of them by themselves, and keep them in Glasses.

Afterwards,

Take of the Essence of Elder-berries, six ounces:

Of Balm-mint, three ounces.
Of Castor,
Of the spirit of Vitriol well rectified, of each one ounce.

Being mixed, I put them in a Glass of a narrow throat, and I digest them for ten daies in a warm Balneo, that they may be well united; and if any dregs be in them, they may go to the bottom; from which I separate that which is clear; I strain it, and keep it in a well-stopped Glass. The dose is a little spoonful alone, and dissolved in some appropriate water; but if the body be full of ill humors, I first purge it with the Polychrestick Powder of Elder-buds.

In place of Apendix, I thought fit to joyne hereto these Medicines made of the Elder long agoe, commended and commanded by our great Chieftain and Master, *Hippocrates*, in Uterine Affections.

In the Hydropsie of the Matrix, he commendeth the fruit of the Elder, given fasting in Wine, *lib. 1. de Morb. mulier.* He

He saith this purgeth things to be purged in child-bed; boyle the leaves of the Elder, and give the water thereof to drink, *ibidem.*

If the womb be inflamed in child-birth, let her sup hot the tender leaves of the Elder lightly boyled with the grossest part of recent Wheat-meal, *ibidem.*

In the same place he commands us to put into the secrets, a long piece of Elder-pith, the tenderer part being shaven.

In Ulcers of the womb, pound Linseed and Elder-berries together, mix honey with them, and make a Plaster, and use it, *ibidem.*

Or the leaves of the Elder, and of the Lentisk, being boyled in water, and strained, are to be injected warm, *lib. de natur. mulier.*

The same things being likewise pounded with Muss, may be outwardly applyed, *ibidem.*

In a filthy ulceration of the Matrix, boyle the berries of the Elder and Lawrel,

Lawrel, in equal potions in Wine, afterward inject that Wine, *lib.* 1. *d. m. m.*

Or take the berries of the Elder, Annice, Frankincence, Myrrh, Wines, and inject their juices, *ibidem.* Whereby the courses are likewise provoked, *ibidem.*

To expell the Secondine, first apply a Foment made of the decoction of Elder-leaves, and then that which is made of Cantharides, *ibidem.*

In very great fluxes of the courses, apply a Cataplasm made of Elder and Mirtle-leaves, *lib.* 2. *m. m.*

Or boyle in water the leaves of Elder and Lentisk, and with the Colature warm, wash the Matrix, *ibid.*

In the strangulation of the Matrix, R. Three half quarts of Oyle, and a handfull of Elder-leaves, boyle this, and make a fomentation therewith, or with hot shels put in it, make a Stove, placing the woman in a chair, and covering her with clothes.

Or boyle the leaves of Elder and Mirtle, and in the ſtrained water boyle Barley-chaff, and make a Stove, if ſhe can endure the heat thereof, *ibid.*

If the pain be vehement after her purging, boyle in black Wine, the Lawrel and Elder-berries, and waſh it therewith, *ibid.*

Or boyle the Elder in water, and having ſtrained the water, put to it ſweet Wine, and waſh therewith.

Of which, and many others, you may view *Hippocrates* in thoſe Books and places mentioned.

CAP. XXVII.

Of the Arthritick Diſeaſe.

HOw ſtiff this Diſeaſe is, and how miſerably it tormenteth the patient, is known even to children; notwithſtanding it expects eaſe, if not full cure; which ſome times is done by the Medicines of our Elder.

And

And seeing nothing is more able to preserve, then that great encrease of serous humors being hindred, and those that are sprung be evacuated: Seeing from these, if not only, yet most commonly, Arthritick pains have their beginning; as experience can testifie. These Medicines therefore that follow, are convenient.

Vid. The Wine of the berries, of which he is to drink a Cupfull oft in the week, in the morning, or in the beginning of dinner: But that is of most force, which we have set down in the 24 Chapter out of *Quercetan.*

The water distilled out of the succulent bark in the Autumn, or Spring, is oft to be drank. Let it be sweetned with the third part of the Syrup of the berries or buds; the dose is four ounces. That it may purge more forcibly, mix therewith a half or whole drachm, according to the patients strength, of the Polychrestick Powder of the Buds.

Vomits

Vomits are good to preserve from this Disease, if it be provoked once a month by those that are used to it. In cure of the Athretick, chiefly of the Sciatick, or Gout, seeing vomit doth revel, and derive by the upper parts, it performs more then any downward purge. Therefore you are to reiterate it two daies, and more, if the evil persevere.

The oyle pressed out of the kernels of the berries, and halt a drachme thereof taken in the broth of Ale, doth excel in this Disease: The oyle of the infused flowres or bark, is good; the dose is one or two ounces in warm water.

You shall repress the Arthretick assaults, if you once or twice in the month sweat, having first purged the body: For the serous matter gathered in the body, is easily discussed by sweat; and as soon as natural or artificial sweat appears, there is great hopes of safety. See *Hildanus*, *Centor* 5. *observ.* 32.

Give

Give then of the Rob of the Elder, two drachmes, with a ſcruple of Hartſhorn prepared; or half a drachm, or two ſcruples of the extract *Granorum actes*; or one ſpoonfull or two of the ſpirit of the berries or flowres.

This is uporiſt of ſome,

The Roots of the Elder, or Wallnut, half an ounce.

Of the pulveriſed Kernels, drachm 1.

Let them macerate for a night in white Wine, whoſe coloture being a little ſweetened with Sugar, is to be given in the morning in bed, to provoke ſweat. If it be given a little before the fit, it diſappoints it.

In the Spring-time, the buds prepared with oyle, vinegar, and ſalt; and frequently being eaten before ſupper, being mixed with other Sallets, is commendable; for they gently purge the belly, and purifie the bloud from ferofity.

The Powder of the buds dried in the ſhadow, is good for preventing of Gouts, and all Arthretick Diſeaſes; whereof

whereof take in the Spring-time, or Harveſt, for a whole month together in the morning, half a ſcruple in a ſoft egg, with a little ſalt. Or take the Conſerve of the Buds alone, or mixed with the Conſerve of the Flowres in equal parts. The doſe is the bigneſs of a Walnut, or Cheſnut, morning and evening before meat. Drink above it ſome of the water of the flowres, ſweetned with a little of the juice of the berries.

Topicks.

A linnen cloath dipt in the diſtilled water of the leaves and flowres of the Elder, and applyed warm, wonderfully aſſwages the pain, unlocks the pores, digeſts the matter, and ſtrengthens the nervous parts.

That it may more penetrate, and where the colour and heat is greater, you may add, in equal quantity, Elder-vinegar. Where the matter is colder, and the pain longer, you may dip the ſame

same clothes in such a liquor as this, and apply them hot.

Take of the spirit of Elder-berries. three ounces.
The spirit of the flowres, drach. 2.
Of Opium of Thebes, scruples two, mix them.

By its Narcotick vertue, it mitigateth the pains, and discusseth the more stubborn matter, and refresheth the members.

The Goutish Anodine Water.

Quercetan in the first book, and seventh chapter, sets down this Podagrick water;

Take of the green leaves and flowres of Elder, of each *lib.* 1. more or less, as you please, to make it greater, or less quantity: pound them, and macerate them well in B. M. then distill them in a Glass, or Copper vessel, till they be dry; with this water foment the pained place twice a day; yea you may use it constantly in that Gout, which

which proceeds from hot humors. So far he.

The Oyle, wherein the roots of the Elder or Ebulus, and the leaves or fine extract from them, hath been boyled, chiefly the oyle of the Dwarf-Elder-seed, from which the seeds of the greater differ little, is much praised here. It is prepared thus; beat the ripe and clean seeds in a paste, boyle it in water, and gather the scum thereof, put it in a long Glass, in a warm place for three or four daies, till the oyle, which is greenish, go to the bottom; the same oyle pressed out of the seeds, is most powerfull.

These are the words of *Plater*, in the second part of his practice.

Or, take oyle of infused Elder-flowres, ounces two; and of it pressed out of the kernels, half an ounce.

Being mixt, apply them warm to the grieved place. *Dioscorides* affirms, that the recent leaves applyed, with the fat of a Goat or Bull, doth help the Goutish.

I know a man, that whensoever he i troubled with the Gout, useth onl this unction, He taketh new Cream o Milk, and he mixeth with it the Pow der made into fine meal, of the flowre and leaves of the Elder, till it acquir the consistence of a Poultice, or Cata plasme which being spread on a linne cloath, he applyeth it hot to the di eased part; and from this easie and sim ple Medicine, he expects, and exper ences with happy successe, gre ease.

Gabel Shover, amongst others, hat this, Take the water of the Elder, an the spirit of Wine, of each ounces 2 mix them, and apply clothes moyster ed therein: Some take two ounces c Elder-water, and one of *aqua vitæ*, an mix them.

The same man much commendet in pains of the joynts, and other col defluctions, from which the resolutio and Palsie of the joynts doe proceed this,

Take a good quantity of Elder-pith

quarter of a pinte of Rheynish-Wine, and as much of your own urine, being mixed, boyle them in a new pot, till half be consumed. Then anoynt the grieved place with the piece of Wine, and rub it well in. Afterward apply a woollen-cloath not, dipt in the former decoction: And when it is dry; dip it, and apply it again. And this is to be done before you go to bed.

Some praise this that follows, in Arthritick Diseases, chiefly which are hot.

A Mucilaginous Anodyne Liquor.

R. Of quick Snails, newly taken whole out of their shelly cottages; Of Elder-berries dried in the Oven, and pulverized; and of common salt, of each as much as you will; put it in the straining bagg, called *Hippocrates* sleeve, making one row upon another, so oft as you please; so that the first be

be of the Snails, the next of the Sal
nd the last of the berries, cont inuin
h till the bagg be full; hang it up i
a Cellar, and gather diligently th
gluinous liquor that distils out of
by litle and little, even to the Muc
lage; and being put in a stopt Glas
expose it four daies to the Sun; an
therewith anoynt gently the grieve
part.

Cap. XXVIII.

Of the Scab, Psora, Itch, Herpes, and other Cutaneous Diseases.

This a Golden saying of our Divin
Master, *Aphorism* 21. *Sect.* 1
That we carefully observe the motion
of Nature, and its course, and with
our Medicines assist it as much as we
are able.

Seeing in most of these out-break-
ings in the skin, Nature doth thrust
the

the hurtfull matter from the principal parts, to the more ignoble, and less principal, *viz.* the Cutaneous, it seemeth best here to use Sudorificks, and those that expel to the circumference of the body.

Because many times a great heap of putrid humors are seated about the stomack, Mesentery, Liver, and Melt; that sink, as far as is possible, is to be emptied by Emetick, and Cathartick Medicines, lest omitting and neglecting this evacuation, the putrid and salt humors, by the unseasonable use of Sudorificks, being drawn out of the Jacks of the first region, be thrust into the greater and nobler veins, and so raise more dangerous dammages.

Purges and Vomits.

In delicate bodies and children, the water distilled from the succulent bark, by two cohobies, and sweetned with a little syrup of the juice of the berries,

berries, doth work this effect, being given in a few spoonfuls. Also the syrup of the berries juice, being given alone, from an ounce, to an ounce and half.

In those of riper age, give the purging water made according to *Quercetans* descripton, from two ounces to three, with an ounce of the syrup of the buds or bark.

Or use twice or thrice the Polychrestick Powder of the Buds in Whey.

Or incorporate it with the Conserve of the flowres, for a bole; or reduce it into the form of a pill, with the syrup of them, or such like; for it is a good Medicine to purge the body, from salt, and feculent humors.

Or take a cupful of Whey, macerate in that, half, or a whole ounce of the middle bark of the Elder; the Coloture being strained in the morning, let it be drank warm; the wine of the infusion of the bark and root of the Elder, subtilly grated, is good to provoke vomit, and empty the belly of evil

evil humors; it doth this when they have infused together for a night. These are the words of *Vigo* in his *Chirurg. part.* 1. *lib.* 7.

Or take a drachm of the oyle pressed out of the berries kernels, more or less, according to the strength of the patient; give it in a cup of luke-warm Ale.

It were likewise profitable for the Scabby, if they made a Sallet of those young buds, who in the beginning of the Spring, together with those outbreakings and pustles of the skin, by the singular favour of Nature, as contemperanious, doe bud forth; being first macerated a little in hot water, with oyle, salt, and vinegar; and sometimes eaten, it purgeth the belly, and freeth the bloud from salt and serous humors.

Sudorificks.

These things being premised, that which remains yet in the skin, or mass

of bloud, is to be emptied by Sudorificks.

The water of Elder-flowres, and the clearer spirit of them, may be given even to children. For to make it of a more pleasant taste, sweeten them with a little syrup of the infusion of the flowres.

These Medicines following, agree to those that are come to years.

Take of the Rob of the Elder, two drachmes,
Of Harts-horn burn'd and prepared, one scruple,
Of the Water of Elder-flowres, three ounces,
Of Oximel of the Elder, half an ounce
Mix them, and make draught of them.

Or, take of the extract of Elder-berries, two scruples,
Of Elder-salt, half a scruple,
Of the water distilled from its flowrs, two ounces,
Of the Vinegar of the flowres, half an ounce.
Mix them for a draught.

After

After taking of these, sweat is to be provoked in Bath, or bed.

The Conserve of Elder-flowres, with the Conserve of Cicory-flowrs, is commodious to change, alter, and strengthen the intrails, or inward parts.

Or make this Julap, which you must use every day an hour or two before supper. Or after you come from Bath, or sweating, drinking four ounces thereof.

Take of the Conserve of Elder-flowrs
Of Burrage,
Of Cichory, of each half an ounce.
Dissolve them on a soft fire, in a quart of Elder-flowres-water; to the strained Colature, add of the sharp Elder-syrup, two ounces, mix them.

Topicks.

In a more universal, filthy, and continuing Scab, Tetter, or Psora, *&c.* prepare this sort of Bath,

Take of recent Elder-leaves, *ten handfuls,*
Six whole Umbels of the flowres,
Of quick-Sulphure, two ounces,
Of crude-Allum, one ounce:

Boyle it in a sufficient qnantity of rain-water, unto which afterward add a sixth part of the Lixive. Let the diseased every day sit once in a Bath, to provoke sweat, not neglecting in the meantime, the former internals. Or where only the hands or feet are scabby, the same decoction; but in less quantity is to be prepared; wherein daily the feet and hands are to be washed; yet nevertheless you may add other things, as the roots of Sorrel, and Alacampain.

After the Bath, the exulcerate and clift places are to be anoynted, to mitigate their pain, with the oyle of the infused flowres; to which you may give a more drying and healing vertue to the leaves of the Elder, subtilly pulverised till it come to the consistence of a Liniament.

Or,

Or, use the Liniament of *Matthiolus*, or *Plater*. Or this,

Take of the oyle of the infused flowres and bark of the Elder, *of each 3 drachms,*
Of washed Ceruse, one drachm, or four scruples,
Of Wax, enough.

Make thereof a Liniament.

Those black, round, and about very red pustles, which break forth frequently in the feet, chiefly of women, are oft to be washed with the water of the leaves, and mittigated with the foresaid unctions.

Mark, There was a Bakers wife in *Heyna*, which could not go out of dores by reason of the abundance of those Pustles, and was greatly disquieted by their heat, having premised what was fitting, she used for a Topick, milk, wherein the flowres were macerated, in which, clothes being dipped, were applyed warm with great ease. Where the heat and redness is more intense, instead of simple milk, take

sowre, or butter-milk.

Only sweating by taking the rob of the Elder, sometimes doth cure the simple Herpes, by the abstersive and siccative quality.

In this, the oyle pressed out of the kernels of the berries, reduced in form of a Liniament with Sugar of Saturn, is much praised by some: If it be anoynted on the Pustles, after they are opened with a needle, and cleansed from the matter, putting thereon a green leaf of the Elder, or one dried in the shadow. In an eating Herpes, having purged, sweat, and breathed a vein, this Cataplasm is commended, wherewith shee-Mountebanks have gained largely.

Pound in an Earthen Vessel, with a woodden Pestle, the green leaves of the Elder, adding to them in the time of pounding, a little Elder-vinegar, after that manner that women make Sawces of the Watercress, Sorril, and such like: Mix with this pounded and succulent matter, one part of the ashes of

of Elder-leaves, and two parts of the Powder of the leaves; that it may become like a paſte, or thick Cataplaſm: Add to it, that it may ſtick the better, a little Turpentine diſſolved with the yeolk of an Egg; apply it twice a day to the ulcerous places, being firſt wiped with clean linnen.

Neither is this a meer new invention, for *Iohn de Vigo* in the firſt part, and ſeventh book of his Chirurg. ſaith, That Elder-leaves pounded with Hellibore, and Oximel ſcillitick, doth cure Ringworms, Itches, and Scabs.

CAP. XIX.

Of the Eryſipelas, *or Roſe.*

IT is uſual as ſoon as the Roſe invadeth, to take thoſe Medicines whereby Nature is helped, to thruſt the matter from the inward, to the outward parts: For which end the rob with the water vinegar of the Elder-

flowres are applyed; for learned Physitians do acknowledg that this matter wanteth not its own malignity. *Wierus* useth this potion:

Of the Water of Elder-*flowres, three ounces,*
Of Parsley-seed, half a drachm,
Of T. Sigillata, half a scruple. Mix them.

There are some, that in all Erisipelas, even in that which followeth oftimes the Scurvie, doe swallow this bole, and drink the water of Elder-flowres above it, to discuss the malignity by sweating.

Take of the Rob of the Elder, *two drachmes,*
Of Mineral Bezoartick, six grains, mix them.
Or, take of the extract of Elder-*Rob, two scruples,*
Of Sulphurat nitrate Antimony, half a scruple, mix them.

But if the belly be bound, give the syrup made of the berries juice, which looseneth the belly, and resisteth malignancy.

In

In more strong bodies, and where evil humors stick in the first passages, you may give a half, or whole drachm, according to the patients strength, of the Polychrestick Powder of the buds.

To temper the heat of the bloud in the intrails, these things are set down in the cure of the hot feavers.

Topicks.

The Topicks here should not be cooling, repelling, or fat, which obstruct the pores of the skin, least that sharp and malignant matter be thrust to more noble parts, or closed up in the diseased; whence oft-times the part hath been gangrenat: For which cause the common people by all means avoid moystening of the part, and when any evil here ariseth, ascribed it to it, though not rightly; for all moystening is not to be avoided, but only that which is made of restringent, repellent, and things that obstruct the pores;

but those which unlock the pores, and digest the humors, and consume them. Though they be liquid, they are so farr from hurting, that they greatly help.

Iohann. de Vigo testifieth, that the Elder hath the vertue of resolving, drying, and opening, by reason of the subtilty of its parts: wherefore these following made of it may be safely used.

Shave the bark from the trunk, and apply it every day three times, round about the part diseased, of the Rose.

Or, R. of white-Sope, ounce 1. dissolve it in lib. 2. of the water of the flowres of the Elder; apply it warm to the diseased part; and when it drieth, renew it.

Some dry them before, and apply them dry, that they may satisfie the peoples desire, that much fear moysture in this disease. This is commended:

Take of the Water of Elder-*flowres, five ounces.*
Of Theriack of Andromache, one drachm.

drachm. Mix them.

Dip linnen clothes in it, and wring them with your hand, and apply them warm to the place; and when they are dry, dip them in the liquor, and apply them.

Or, R. The dryed berries of the Elder, ounce 1. the flowres of the same, M. 1. Having pounded, cut them, boyle them in lib. 2. of the simple-water, to the consumption of the third part. Add to the colature, ounces 3. of a thin Lixive; mix them: Dip a linnen cloath in them, being warm, wring it a little, and apply it to the part, as hath been shewn.

Taberna Montanus saith, he hath tryed, that the Rose being anoynted with the Rob of the Elder, doth ease and discuss it.

Lac Aureum, which is prepared of the Lixive and oyle of the Elder well stirred together, till it acquire a milkie colour, is commended much; Chiefly here when the Rose inclines to ulceration, and gangrenates: For by its drying;

drying and cleansing vertue, it hindereth further putrifaction and corruption; and by mixing the oyle, it mitigateth the pain, and cureth the ulcer; apply it hot.

Those that avoid all moysture, let them use clothes dipt oft in these liquors, and dryed; or which is common; sprinkle upon the diseased part, small bran, mixt with the like quantity of the powder of Elder-flowres.

Specificks.

To prevent this disease, many wonderfully praise this following;

R. Of new Elder-flowres, or in defect thereof, of those well dryed, M. i. of Milk of a red Cow, or at least withred spots; boyle them in a close vessel, and upon a slow fire. Let him drink once, twice, or thrice, when the Moon waneth; or if they will, through every month in the year, of this colature in the morning; and they shall be afterward free of this disease. See Dr.

Dr. *Sennert. de febrib. lib.* 2. *cap.* 16.

Neither is this Medicine destitute of reason; for it is probable that the fluxibility and accrimony of the bloud, being taken away by this Medicine, Nature is less afterward pricked by it; yea those malignant impressions stampt on the liver and reins, defiling the bloud by their contagion, are altogether wiped off, by the frequent use of this specifick Medicine.

An Amulet made of the Elder, on which the Sunn never shined, if the piece betwixt the two knots be hung about the patients neck, is much commended; some cut it in little pieces, and sew it in a knot in a piece of a mans shirt, which seems superstitious.

I learned the certainty of this experiment first from a friend in *Lipsick*; who no sooner err'd in diet, but he was seized on by this disease; yet after he used this Amulet, he protested he was free; yea that a woman to whom he lent it, was likewise delivered from this disease. Notwithstanding I leave

the

the whole matter to other mens judgements, who may easily try it, seeing there is so many secret works in Nature, whose operation is evident; yet their causes are hid in such deeps of obscrurity, that they cannot be searched out by the sharpest sight of mens reason.

Cap. XXX.

Of Inflammations, Oedemaies, and Schirrouses.

I. *Of Inflammation.*

Dioscorides writeth, that the green and tender leaves, being applyed with polent, mitigateth Inflammations.

The cakes of the flowres and leaves, left after distillation if it be wet with the oyle of infused flowres, is applyed fitly to an Inflammation.

Or, R. Of Elder-leaves, M. 3. of Barley

Barley polent, M. 1. boyled in simple-water, to the consistency of a Poultice: Being put through a ferce, add of the oyle of infused Elder-flowres, ounces two; of the meal of the leaves and flowres of the Elder, of each enough. Make a Cataplasm, for it digesteth, resolveth, and if the Inflammation Apostemat, ripeneth, the Apostеme being opened, cure it as an Ulcer. Of which afterwards.

II. *Of an Oedema.*

Its known by the cure of the Ascites, how the Elder helpeth Oedemetous tumors, chiefly in the feet. See there the fomentation for the feet, made of the decoction of the leaves in a Lixive.

But seeing these fomentations are tedious, it is enough to carry the green and dry leaves of the Elder in the stockings. A great Lawyer was delivered by the use of this simple Medicine, which he oft applyed, at the desire

desire of a worshipfull Knight of *Misnea*.

III. *Of a Schirrus.*

The cure of a Schirrus is known by cure of the obstruction of a Schirrus Melt.

There are some that say the leaves only of the Elder doth mollifie and discuss Schirrus tumors by Signature; becauſe it groweth in dark and shadowy places: For which reason in the 23 Chapter, we set down a Splenetick Searcloath of them: Which may be fitly applyed here, the tumors being anoynted with this following.

Take of the oyle of Elder-flowres, ounce 1. of Amonick dissolved in Elder-Vinegar, drachms 2. boyle it on a soft fire, to the consumption of the watrishness. Add white-Wax; and according to art, make an oyntment.

Cap. XXXI.

Of Wounds, Ulcers, and Contusions.

NO man that ponders well the rehearsed words of *Dioscorides* and *Galen*, will deny the Elders vertue to be great in these Diseases; especially in Wounds and Ulcers.

The Cure of Wounds.

The common people keep as a great secret in curing wounds, the leaves of the Elder, which they have gathered the last day of *April*,; which, to disappoint the Charms of Witches, they had affixed to their dores and windows; but seeing the Elder-leaves of themselves are found efficacious enough to heal wounds, this superstitious opinion of the people is to be laughed at.

A Vulnerary Balsum.

To cure wounds safely and suddenly, take the green and tender Elder-leaves; stamp them; and having put a little Wine on them, wring out the juice strongly: Take of this juice, being purified, as much as you will, add thereto in equal quantity, the oyle of the infused flowres; boyle it on a clear fire, still stirring it with a spatula, till the waterines be consumed; afterwards,

Take of oyle so prepared, four or five ounces,
Of it pressed out of the berries kernels, two ounces,
Of clear Venice-Turpentine, three ounces,
Of Verdigrease, three drachms,

Being well mixed together on a slow fire with a spattle, let them stand eight daies in the Sun, or some other hot place, that the dregs may go to the bottom; from which separate the pure Balsom;

Balsom; which is to be applyed hot to the wound with lint-cotton, and the wound to be bound up with linnen clothes; it doth imitate the vertue of the most precious Balsoms; half an ounce of the oyle of the Sugar of the Elder may be added.

A Plaster of the Balsom.

If you mollifie wax with a sufficient quantity of this Balsom, and apply it according to art, it cureth wounds suddenly.

To stop a great Hemmorage.

Tragea Granorum Actes, being mixed with an equal part of Jews-ears, is commended in stopping of bloud.

Or make this Powder;

Take of Tragea Granorum Actes,
Of dryed Jews-ears, of each three drachmes,
Of the white of an Egg dryed in the Sun, two drachmes,

Of

Of the pith of the Elder,
Of the pureſt Gum-tragant, of each one drachm.

Pulveriſe ſubtilly every one by it ſelf, and afterwards mix them exactly.

The Uſe. The bloud being drank up of a ſponge, and the wound being dryed as much as is poſſible, put therein a ſufficient quantity of the Powder; if it ſucceed not at firſt, dry the wound again with the ſponge, and put in the Powder, and keep it in with torne pieces of cloath put thereafter.

The *Puncture of Nerves.*

In the Puncture and wounds of Nerves, the Learned Surgeon *de Vigo* in his ſeventh book, together with daily experience doth atteſt, that the oyle of the infuſed flowres is much praiſed.

The Oyle of the Flowres of the ſecond deſcription; and the Balſom, or Plaſter made of the Balſom, being put thereon, worketh effectually.

The

The Cure of Ulcers:

Dioscorides hath taught us, that the eaves of Elder do cure deep, perverse, nd Fistulous Ulcers.

An Uporist.

Apply then here, either the juice a- one, put in, being nevertheless wrung ut with a little Wine, or Urine; and fterward lay upon it the pounded eaves like a Plaster; which is a Coun- ry-remedy.

Or make this Linament;

Take of Elder *vulnerary Balsom, one drachm*

Of *the Leaves of the Elder subtilly pulverised, one drachm.*

Of Verdegrease, *two scruples,*

Of *Elder-salt, one scruple.*

Mix all together exactly for a Lina- nent; of which daily you are to put ome in with Tents, in impure and Fi- ulous ulcers, and a convenient Pla- ster

ſter above it. Injections and waſhings of deep and putrid ulcers when need requireth, are to be made of the leaves and bark; which do excellently cleanſe and hinder corruption; apply them before you make a new binding, that the filth cleanſed and waſhed by the former Medicine, may be together with them, waſhed out.

In thoſe Ulcers which caſt out thaticor, which *Paracelſus* calls *Synovia* the Vulnerary Balſom chiefly availeth being hot put in; ſeeing it drieth moderately, and keepeth the ſubſtance of the wounded part temperate. You may ſprinkle afterwards above it, the Powder of the dried Pith and Jews ears, which are much praiſed by many.

Gabel Shover hath this, R. of Elder Pith, drachms two, of Oring-Pils ſcruple half; mix them for a Powder which are either to be ſprinkled in, or to be taken with a faſting ſtomack in a morning.

The ſame man taketh as many Elder-flowres as is needfull; he fryeth

them in butter, and applyeth them twice or thrice.

Or, instead of a Vulnerary potion in these and other Ulcers over-flowed, he giveth daily a drachm, or a drachm and half of the following powder, in warm buttered Ale:

Take of Elder-pith, three ounces,
Of dryed Iews-ears,
Of prepared Oculi Cancrorum; of each two ounces,
Of Oringe-pils,
Of Citron Pils,
Of Nutmegs, of each one scruple.

Make a subtil Powder of all.

In dilating of Wounds and Ulcers, and in keeping Issues open, the Pith of the Elder is convenient: For while that sponge-like substance, drinks in the humors, it is dilated, and so distendeth the lips of the Wounds and Ulcers.

The Cure of Contuſions and Bruiſes.

In Contuſed parts, the juice of Elder-leaves, preſſed out with wine, and anoynted on the place, or linnen dipt therein and applyed, doth diſcuſs the black bloud, and ſtrengthens the part.

Or take of the Meal of Elder-flowrs ounces two; of Camomile and Worm-wood-flowres, of each half an ounce; mix them with Elder-oyle, and work them together, that they may become like a Cataplaſm; which is to be applyed daily to the contuſed part.

To take away the marks and impreſſions, anoynt them with oyle of infuſed flowres.

In Intertrigoes, when the fleſh, and not the skin, is infected, the unction of *Plater* or *Matthiolus* his Liniment, beſprinkling it with the ſubtile Powder of Elder-leaves, is profitable.

Or make this Magiſterial Powder, which

which with great commodity is ſprinked on the emunctiries of new born babes, *viz.* behind their ears, in their armpits and groines:

Take of Elder leaves half an ounce,
Of the flowres of the ſame,
Of Red-Roſes, of each two drach.

Mix them for a Powder, which being ſprinkled, conſumeth the moyſture, and drieth the place.

CAP. XXXII.

Of Burning and Congelation.

Topicks:

DIoſcorides ſaith, That the green and tender leaves, being applyed with Pollent, helpeth burning.

Theſe following are commended by Authors, firſt the oyle of infuſed flowres and bark; ſecondly, the oyle of the leaves and bark, fryed in butter and oyle; thirdly, the two liniaments

of *Matthiolus* and *Plater*; the receits of which are set down in the second Section in the second and fourth Chapters.

The Uses. A member being burned with fire, gun Powder, boyling water, *&c.* is to be easily anoynted with these warm, and afterwards to be wrapt in soft and warm linnen: For each one of them hath the vertue of rarifying the skin, of drawing out hot vapors, mitigating pain, digesting and drying of serosity, and of curing the raised blabs in ulcers, and in restoring the diseased place, as much as is possible, to its wonted beauty.

If the burning pierce more deep, so that the blabs being broken, and the skar taken away, it degenerateth into an ulcer; besides these oyles and oyntments, you must sprinkle easily and lightly every day, the powder of the leaves and pith; which doth excellently dry, and by cleansing moderately, doth fill the ulcers with flesh.

In this case oyles are more profitable

then

then linaments, as will be easily found by any that use them.

This following unguent, as a singular experiment, is commended in all kinds of burning, by the famous *Doncrelius*, for easing pain, or quenching the force of the heat, and soon and safely curing the ulcers; also it is happily applyed to Herpes Miliaris, and other out-breakings, which come from yellow bile, or salt humors.

Take of the middle bark of the Lynden-tree,
Of the Elder, of each one handfull,
Of Linseed half an ounce.

The barks are to be cut in small pieces, and infused together with the seed in a sufficient quantity of the water of Elder-flowres, for the space of three hours warm; then add half an ounce of sheeps dung, mix them, and boyle them in a double vessel in *May*-butter unsalted, washed oft in fountain water, and at last in the water of Elder-flowres, till the humidity be perfectly consumed. Strain them: and add of

yellow-wax, as much as sufficeth; mix them: and according to art, make an oyntment. They are *Donerelius* his words.

If the ulcer become more sordid, use the things in the precedent Chapter. *Lac aureum* drank up in Linnen clothes, and applyed, is profitable, of which we have spoken in the cure of Erysipelas.

Internals.

When many parts, or those situated next the nobler parts, are burned, and then the unnatural heat spreadeth it self over the whole body; you are to use those things set down in the cure of the hot feaver. Or make this Julap:

Take of the water of Elder-flowres, half a pound,
Of the acetous syrup of the Elder, two ounces,
Of Hearts-Horn burned and prepared, two scruples.

Mix

Mix them for two doſes: for it cooleth the heated ſpirits, it extinguiſheth the thirſt, diſſipateth the Empereum, and roborateth the ſtrength.

The Cure of Congelation or Froſting.

Apply to the froſted parts, the middle bark of the Elder, or linnen moyſtned in their decoction. When they cliſ, the powder of Elder-bark, pith, and flowres, reduced to a liniment with the oyle of infuſed flowres, is commended, the parts therewith being anoynted daily. Apply upon it linnen moyſtned in the Golden Milk of the Elder, for it drieth and hindreth a Gangrene. See more in the cure of Ulcers.

Cap. XXXIII.

Of Poysons.

Inflicted outwardly, or taken into the body.

IN the stinging of venemous beasts, the green leaves of the Elder being applyed, are praised, because they draw out the poyson, and dry the wound

Dioscorides especially commends the same pounded leaves, applyed to the bite of a mad dogg.

George Arnwald in his *Panacea*, bids us dissolve Rob of the Elder in Vinegar and Wine, and rub therewith the stung or bitten place, and wash it therewith.

In the stinging of Wasps and Bees, anoynt the place with the oyle of the infused flowres; or with that which is prest out of the kernels of the berries; and put a leafe thereon, it mitigateth the

the pain, and in a short time causeth the tumor to fall and evanish.

To stop the poyson of the Vipers bitings, besides these Topicks, *Dioscorides* bids us boyle the roots of Elder in Wine, and drink the Colature. He attributeth the same vertue to the berrie drank in Wine.

'Tis better to use the Wine of the berries, or take two drachmes of the Rob; or as many scruples of the extract in the water of Elder-flowres, and provoke sweat.

In Philtrums, or those potions wicked whores use to give for love, or in other poysons taken inwardly, nothing is better, then upon the suspition, immediately to cast all up by vomit, that is in the stomack.

Give two ounces or three of the oile of the infused flowres or bark of the Elder in warm Ale, and accelerate vomit.

Or, take an indifferent spoonfull of the oyle pressed out of the kernels; give it in warme Ale: For by this

means all venom that is in the ſtomack, is happily excluded, and the corroſive accrimony of the poyſon is qualified; uſe it again, if it be needful.

Which being done, provoke ſweat, that that which ſticketh in the veins (for the more maligne the humor is, the more it penetrateth, and like ferment, infecteth the whole bloud) muſt be evacuated by ſweat.

Thoſe things which were brought for the Plague, are profitable here: Rob ſimple, and Antilemick, their extracts, &c. of which give as much as is convenient to the age and ſtrength of the patient, diſſolved in the diſtilled water of Elder-flowres, or other convenient liquor. And ſeeing ſeldom the force of the poyſon is daunted by once or twice; but rather under the ſubtile ſhew of a ſervant, as being overcome, and obeying Natures command, by ſecret mines lurketh and worketh to overthrow the ſtrength of Nature, and overcome it by little and little. Therefore the uſe of theſe

Alexite-

Alexitericks is not to be inermitted but to be continued, till all the poyson and maligne impressions that remain, be extirpate out of the body. This mixture is profitable.

Take of the Conserve of Elder-flowres, of the flowres of Burrage, as much as you will; mix them. Give half an ounce thereof daily, an hour or two before dinner. Drink a spoonfull of the juice of the berries above it.

Give two drachmes every week of the Rob of the Elder, in the water of Elder-flowres, and provoke sweat in bed, or bath. After the sweat, the heat is to be tempered with a spoonful or two of the sowre syrup of the Elder.

This experiment is praised by many; Take of the middle Elder-bark, subtilly shaven, and dry it lightly in the shadow, a little more then a handfull; put on it three quarters of a pound of Goats milk, boyle it on a soft fire, till one half be consumed; of whose colature drink morning and evening.

They

They say that this doth absolutely out-rout all poyson given by whores and knaves, though it were given three years before. If it do not succeed at first, the patient is to use it often; and by divine assistance, he shall obtain the wished event.

The Conclusion.

THese things, Courteous and kind Reader, I thought fit to set down of the Elder, and the use thereof, and Medicines. Those Dishes which may be prepared of the flowres and berries, at that time, when they are to be had in great abundance green: for the preventing of many diseases; seeing they are well known to Cooks by daily experience. To what diseases they agree, is known by what is said. If there occur any thing here which doth not please you, it is your part favourably to construct it, and to withhold the censure, till you try all things more exactly in the infallible ballance of reason and experience.

I leave, for praise, nor crave;
For praise enough I have;
If not contemn'd by thee,
Courteous Reader, Ihe.

If those things that are omitted, obscure, or not rightly delivered, be by thy more polisht judgment added, illustrated and corrected, thou shalt deserve infinite favours from me, and all those honorers of Medicine and Nature: For nothing can be more happy then to know much; and we are to learn, that we may know. Neither at any time was there any of such qualified reason, but things, age, and use will afford him some new objects, some new observations: So that what thou thoughtst thou knewst, thou unknowst; and despisest that upon thy tryal, which thou didst most trust. For there was never any thing more unrighteous, then an unjust man, which holds and believes nothing right, but what he fathers.

Farewell,

Farewell, and what ere thou art, favour these endeavors; and together with me in this wonderfull and unexhaustible variety of things, devoutly admire, and piously worship the unsearchable depths of Divine Wisdom and Goodness.

FINIS.

Cl. 9me. 47